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MAY 2015

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R1 419

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05.15

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Score style points with classics that'll catch her eye

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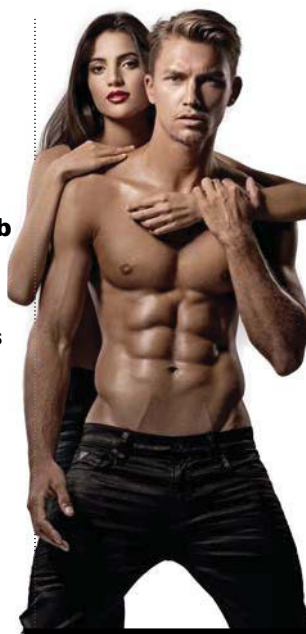
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THIS MONTH ON...

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TIME TO GET IT ON

You bring the moves, we'll make sure you've got the strength and stamina to follow through...

DUAL WORKOUT

The Hot Couple Workout

Getting bedroom-ready is not a solo pursuit. Take inspiration from this couple, who take going to the gym together to a whole new level.

➤ [fitness/hot-couple-workout-2](#)



FREE!

Get Fit – for Her Pleasure

Investing in your fitness pays off in ways you can't imagine – but she can. Download the *MH* Personal Trainer app to start working on getting better in the bedroom today.

➤ [fitness/the-mens-health-training-app](#)

GET INTO POSITION

Master the Basics

What's the point of going forward if you haven't got the fundamentals sorted? Here's how to take the good old missionary position and turn it into something incredible.

➤ [fitness/make-missionary-sex-incredible](#)

HAVE HOTTER SEX

5 Things that Only Happen In Porn

Worried you're no James Deen? You're probably setting unrealistic expectations for yourself. Stop beating yourself up that these five things aren't happening in your bedroom.

➤ [sex-women/5-things-that-only-happen-in-porn](#)



SEX ADVICE

Is Your Penis Normal?

You've got questions about sex, we have an expert on board with the knowledge to answer them. Here, she answers one of life's more philosophical questions.

➤ [sex-women/is-my-penis-normal](#)



FIND YOUR GROOVE

The Sex Position Finder

So you've mastered the basics, finished the *Kama Sutra* and are now wondering where to look next? Look no further. Use our Sex Position Finder to add to your repertoire.

➤ [tools.mh.co.za/sex/sex-position-finder](#)

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OF MEN'S HEALTH



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HUGO BOSS



HUGO MAN

THE FRAGRANCE

YOUR FRAGRANCE, YOUR WAY

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
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DO YOU MEASURE UP?



THE MAGIC NUMBER I WAS SHOOTING FOR WAS FIVE

minutes. On any other day, I'd have been quite happy with a five-minute gym session, but this one made me nervous. It was a benchmark time for a three-stage, triathlon-style workout that, truth be told, I'd been avoiding for a while.

I've always hated being timed – whether it was a maths test or a swimming trial – and this was the ultimate timed physical and mental challenge. It's a brutal fitness test that requires all-out effort at high intensity and it quickly puts you in a place of panic. What adds to the pressure is having three or four onlookers scrutinising the numbers your body is pushing out to see if you'll make it.

After the first minute I felt the panic set in. My body was burning and my brain was screaming. At the first split I was just on target, but into the second event the doubt crept in. And that's when I knew I wouldn't make it. I spiralled out in the final event and the number crunchers who'd been crowding me on the rower were

now walking away, knowing I'd missed the five-minute mark. I finished well off the pace and collapsed in a sweaty heap. I felt crushed and, secretly, a little relieved.

You see, I have this love-hate relationship with self-tests. I know there's nothing quite like being confronted with a report card of your performance *and* your progress. That day, standing tired and beaten in front of the whiteboard, looking at the results after our names, I was reminded that the only number I should be focusing on is my own: my only goal, to improve the benchmark I set yesterday.

In this issue, however, there are a couple of stories you should read to see how you measure up.

The first is the **amazing transformation of MH staffer Clinton Jurgens**. This is a real-life story that should inspire any regular guy looking to go from skinny-fat to lean and mean. It didn't happen overnight and it took single-minded focus every single day. Hopefully the results of this year's Staff Fitness Challenge will show some promising transformations at MH HQ, but Clint maintains alpha-male status for now! His story and workout tips are on page 98.

Then, on page 117, the real measuring up begins. Once again our annual Sex Survey does not disappoint – it reveals some surprising stats and facts that are truly in your favour (FYI: She wants twice as much sex!) We also investigate the hook-up scene and whether our always-on digital culture gives us access to more sex than ever before.

Who said things slowed down in winter?

Have a fantastic month.

 Jason Brown
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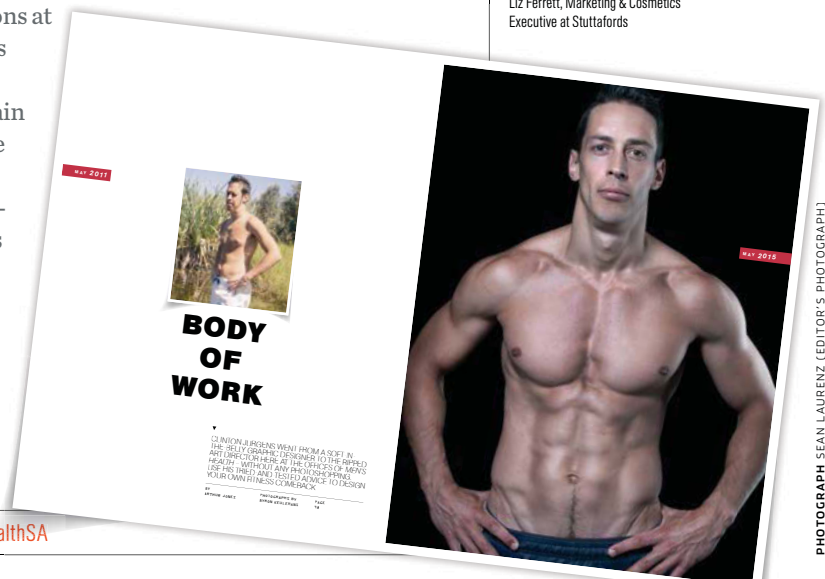
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My powers of concentration are fading. How do I block out distractions?

ROSS, DURBAN

One device at a time, man. A British study confirms: media multitasking may be physically altering your brain. The researchers found that the grey matter of screen junkies' brains was less dense in an area known as the anterior cingulate cortex, which helps regulate thought and emotion. Deterioration of this region could shorten your attention span and may explain why media multitaskers are more likely to be depressed or have social anxiety disorders, according to study author Kep-Kee Loh. In other words, keep your head on straight and turn off your smartphone. And your tablet. And the TV.

Which bean is the best?

KEITH, CAMPS BAY

That's like asking which Victoria's Secret model is hottest. But we'll bite: while all legumes are nutritious, the chickpea

is a class-leading bean. A 100g portion of chickpeas has just over 18 grams of protein, including every amino acid necessary for muscle growth, says dietician Rebecca

Scratchfield. In other words, hummus could make you huge (musclewise, that is.) Want more bean-efits? Researchers in Canada found that people who regularly consume

chickpeas have healthier cholesterol levels than those who don't. Credit a high dose of soluble fibre, the kind that sucks up water, forming a gel in your intestines that

blocks cholesterol from being absorbed. Soluble fibre also fuels gut probiotics, the healthy bacteria that promote digestion, protect your colon and give your immunity a

boost. And don't worry about tooting your own horn: an Arizona State University study found that while all beans may cause flatulence initially, the fallout fades after a few weeks.



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▶ AM I NORMAL?



I often wonder who will come to pay their respects at my funeral. Should I care?

GARETH, EAST LONDON

Is it standing room only? Are people crying so hard that they're ruining your cadaver make-up? Seriously. Some people may have an unhealthy focus on others' future grief as a measure of their own present worth, says psychologist Dr Jackson Rainer, author of *Life After Loss: Contemporary Grief Counseling and Therapy*. If the casket scene in your head bothers you, check in with a therapist to explore whether your self-esteem has just hit a short-term dip or you're actually courting depression. But the more likely explanation is that you're simply engaging in innocuous imaginings. "People are curious about their impact on others and how they'll be remembered," says Rainer. In fact, thinking about your departure from the land of the living may help you make healthier lifestyle choices and strengthen your relationships today, say researchers at the University of Missouri. "If you deny your death, it's much easier to deny your health," Rainer says.

● NORMAL ○ WEIRD

If I wear compression gear, will I be less sore after a workout?

MZIYANDA, BRYANSTON

There was a time when a guy wearing spandex in the gym would elicit giggles and stares. Now it prompts thoughts like "What does he know that I don't?" Here's what: a 2013 review published in the *British Journal of Sports Medicine* concluded that people who wear compression garments after their exercise sessions experience less soreness and faster muscle recovery than people who stick to a T-shirt and shorts. That's because the constrictive material mimics a sports wrap, increasing bloodflow to your muscles while speeding the removal of creatine kinase, an enzyme that leaks out when you exercise and

causes that telltale ache. Still sore after your workout? Then your ensemble probably doesn't fit, says study author Jessica Hill. Next time, try before you buy. The compression garment should feel slightly snug – not suffocating.

I'm planning to hike to the Drakensberg's highest peak in a few months. What's the fastest way to adjust to high altitude?

SIFISO, BALLITO

Here's a rule of thumb for preventing altitude sickness: once you're above 3 000 metres or so, limit the elevation increase of your sleeping environment to between 300 and 450 metres a day, says Dr Andrew Luks, an associate professor at the University of

Washington's division of pulmonary and critical care medicine. Breaking your ascent into chunks each day will give your body time to acclimatise to the reduced oxygen supply. (Track your elevation progress by checking a topo map or bring a GPS with an altimeter.) But since you're planning to summit a peak, you may need a few days to acclimatise. Consider asking your doctor to prescribe the respiratory stimulant acetazolamide, which can ease your adjustment when oxygen is lacking. Note: this isn't a permission slip to push yourself and exceed the recommended ascent rates. Climb too fast and you'll be rushing toward headache, nausea and, in rare cases, cerebral or pulmonary edema – potentially fatal swelling of the brain or lungs. These

dangers are precisely why monitoring yourself during the ascent is critical: if you notice your breathing becoming laboured or you begin to lose coordination, the hike's over. Call it quits and descend immediately to replenish your O₂.

Hangovers seem to hit me harder as I get older. Do they really worsen with age?

JEREMY, WOODSTOCK

Sorry dude, but your liver just isn't the alcohol-processing machine it used to be. As you age, it produces less alcohol dehydrogenase, an enzyme responsible for breaking down the two types of booze (ethanol and methanol) present in most drinks, according to researchers in Germany. So when you down the same amount of alcohol you consumed 10 years ago, it hangs around

your body longer, thereby extending your morning agony. "When we get older, our whole recovery process for everything we do is harder, longer, and slower," says gastroenterologist Dr Mark Welton. Want to avoid hellish mornings in the future? Drink less. For those times when you do overimbibe, give your liver a lift: stir a scoop of whey protein powder into a glass of chocolate milk. The milk and whey are well stocked with cysteine, an amino acid that can help rid your body of those hangover-inducing toxins.

My kid wants a kitten but I'm allergic. What are my options?

LORENZO, KENILWORTH

You could pull a Dr Evil and adopt your own Mr Bigglesworth. But even that wouldn't help. Your runny nose and itchy eyes aren't caused by feline fur

but by dander: microscopic flecks of skin that are constantly sloughing off, explains Dr Stanley Goldstein, director of Allergy and Asthma Care of Long Island in the US. So first, create cat-free zones in your home that you can retreat to whenever you sense an incoming sneeze attack. And keep the pet at a healthy weight – fat cats often have trouble cleaning and grooming themselves, which leads to a build-up of dander. Then consider popping an over-the-counter antihistamine daily. For severe symptoms, opt for montelukast (it's sold as Singulair and found in asthma pumps) or allergy injections. They'll build up immunity and could be cheaper in the long run. Last resort: ask a nearby shelter if you can bring home a feline to test your reaction, so you can make sure it's a purr-fect fit.

If I have perfect vision, do I need to have my eyes checked annually?

TAYLOR, PORT ALFRED

Perfect vision? Your eyes may deceive you. "You can lose considerable vision in an eye, or some of your peripheral vision, and not notice it because you walk around with both eyes open," says Dr Andrew Iwach, a spokesman with the American Academy of Ophthalmology. Plus, an eye exam involves more than just reading a chart; you also undergo a series of tests that may show signs of glaucoma, macular degeneration, diabetes or even cancer, Dr Iwach says. Bottom line: if you've been checked and received the ocular okay in the past year, you can get away with an exam every five years, says Dr Kimberly Cockerham, an ophthalmologist. However, if you have health issues or a family history of poor vision or eye conditions, shorten that interval to every two to three years. In the meantime, wear sunglasses that provide 100% UV protection every time you step outside. Even on cloudy days, the sun's UV rays may be strong enough to cause imperceptible but permanent eye damage, says Cockerham. That makes wearing shades the single most important thing you can do to protect your vision.



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V&A Waterfront



A black and white photograph of Justin Bieber and a woman with extensive tattoos. Justin Bieber is shirtless, wearing Calvin Klein underwear and jeans. The woman is standing behind him, her hands resting on his chest and waist. She has large, detailed tattoos on her arms, including a tiger, a rose, and an owl. Justin Bieber has several tattoos on his chest, including a cross and a crown. The background is a plain, light color.

Calvin Klein Jeans



Cleansing Body Oil, R79.95, lipidol.com

Bulletins

MAY 2015

CLEAN UP

Help her with the laundry, and she'll wear less of it.

DUTY,
THEN BOOTY

SHE WANTS CHOREPLAY

Teamwork means happiness. Both **you and your wife will feel more satisfied if she sees a strong father-child relationship** and thinks you're doing your fair share of the household work, the *Journal of Family Issues* reports. Your interest in the kids "equates to interest in her," says study author Professor Adam Galovan of the University of Missouri. As for chores, couples are happiest when they do the day-to-day tasks together, the study found. So don't go off to mow the lawn and consider your work done for the week. Pitch in with mundane jobs, like the dishes and putting the kids to bed. "You're still spending time with her and the kids," Galovan says.



For up-to-the-minute cardio news and tips, go to mh.co.za/fitness



TRIPLE THREAT
Your hamstrings are actually three separate muscles.



No Strings Detached

A horrible pain explained: University of Virginia scientists determined that **strain on your hamstrings increases at higher speeds and peaks just before foot strike**. That's when your hamstrings must activate to slow your leg to prepare for contact. Before sprints, warm up your muscles and your stride, says *MH* training advisor BJ Gaddour. Start with 40 seconds each of jumping jacks, lunges and high-knees, with no rest in between. Then do acceleration runs, slowly building to 50 to 75% of your max speed. This warm-up will help boost bloodflow, reducing injury risk.

THINK ON YOUR FEET

Imagine this: **simply moving around may boost your creativity.**

In a recent study from Leiden University in the Netherlands, participants who were given a problem-solving task performed well on the test when they tried to solve it while cycling. "We think movement can free up mental blocks," says psychologist Professor Lorenza Colzato, the lead study author. One caveat, though: people who were not accustomed to exercising actually scored worse on the test while cycling. So the next time you find yourself stuck in the weeds, go for a walk, run or ride to jumpstart your mental machinery, Colzato suggests, either alone or with others.

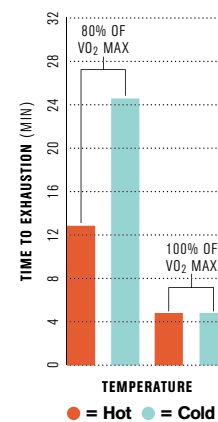


STEEPER IS BETTER

Do your treadmill workouts feel like torture? Then make them short but steep: **for a fast fitness boost, set a sharp incline and run intervals.** In a *Journal of Strength and Conditioning Research* study, twice-weekly 14-minute sessions on a treadmill set to a 10% incline helped runners significantly improve their oxygen consumption and markers of endurance. They went 30 seconds at a full sprint, followed by 30 seconds' rest. You can dial it back a bit and still make gains.

Hot Tip

Heat doesn't affect max effort. In a Texas Christian University study, cyclists riding at 100% effort in 37° fatigued in 5 minutes, the same as guys in 10°. But at 80% max, the hot cyclists conked out sooner – in 13 minutes – than the cool riders, who lasted 25. At lower intensity, heat buildup is the fatiguing factor; at max, it's your fitness.



41

Percentage reduction in the risk of dying of cancer over 12 years among men who got fit, versus those who stayed out of shape.

Source: *Medicine & Science in Sports & Exercise*

ONE STRIKE AGAINST THE 5 SIGNS OF BAD SKIN



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For up-to-the-minute health news and tips, go to [myhealth](#)

DON'T TOUCH THAT



Elevator Buttons

Even more reason to take the stairs: elevator buttons are dirtier than toilets, suggests a new study from Toronto. The researchers found that 61% of elevator buttons in hospitals were crawling with bacteria, compared to 43% of toilet flushers and bathroom door handles. To prevent the spread of germs, use your elbow or a pen to hit the button, says study author Dr Donald A. Redelmeier.



SMOKE GETS IN YOUR GUYS

Dude, if you want to be a dad, pass on that joint.

Marijuana use may affect the size, shape and quality of your sperm, according to a study in *Human Reproduction*. Men who used cannabis within three months of being tested were more likely to produce samples that contained less than 4% normal sperm, a sign of low fertility. Marijuana may affect the formation of sperm DNA in the testicles, although it's not clear how, says study author Dr Allan Pacey.

WORK PERKS



The Office of Your Dreams

It's time you lightened up at work. **More exposure to natural daylight makes for better sleep**, reports a *Journal of Clinical Sleep Medicine* study. Workers with office windows slept 47 more minutes a night than those who had little to no exposure. Light regulates circadian rhythms and cues you to shut down faster, says study author Professor Mohamed Boubekri. No window? Use a blue-tinted bulb, like Philips EcoVantage (look for the one labelled "natural light" at your hardware store).



DON'T GO WITH THE FLOW

If you've been hitting the head at night, try hitting the gym during the day. **Active men have a lower risk of nocturia – the urge to urinate many times a night**. A study in *Medicine & Science in Sports & Exercise* found that men who work out regularly are 13% less likely to suffer from nocturia than those who report no physical activity. Exercise may lower systemic inflammation levels, which in turn can reduce urinary tract symptoms. And it doesn't take much: working out for a minimum of one hour a week kept men from running to the loo.



”

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GET OUT OF A SLUMP

Your office job can be a pain in the neck. Find some relief with a desk-side workout.

DON'T EVER SKIP LEG DAY

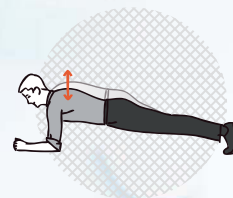
Go ahead, add a few isolation exercises back into your routine: **the leg curl hits an underworked part of your hamstring.** That's what researchers at Lehman College in New York City concluded when they discovered that this muscle-isolating move activates both the upper and lower parts of the hamstring. This sets the leg curl apart from some other hamstring moves that primarily work the upper area. "To build muscle mass, you want to generally focus on compound lifts, like the squat, deadlift, bench and row, that recruit as many fibres as possible," says study author Bret Contreras. However, he adds, doing two or three sets of isolation exercises, like leg curls and arm curls, at the end of your workout can help you build more strength and muscle in the areas that those moves target.

Two Moves for Crick Relief

Hey, desk jockey: **a simple two-exercise combo can relieve your neck and shoulder pain**, a Danish study suggests. Office workers who spent long hours at computers and felt achy in those areas performed the exercises shown below – which hit surrounding muscles – three times a week. The result: after 10 weeks, their pain had diminished. "Too much sitting may overuse surrounding muscles and reduce movement in the neck and shoulders, causing those areas to hurt," says *MH* sports medicine advisor Bill Hartman. This training approach can restore movement in the neck and shoulders, cuing your brain to reduce the pain.



Chair Shrug
Lift yourself so your arms are straight, then shrug your shoulders. Perform 5 sets of 10 reps.



Plank Shoulder-Up
From a plank position, move your shoulder blades up and down. Do 5 sets of 10 reps.

WHAT THE HECK IS THAT? EPOC EXCESS POSTEXERCISE OXYGEN CONSUMPTION

Your workout burns kilojoules, sure, but it also taxes your body's internal systems. After your last set, your body works to maintain those systems – which means restoring its hormone, oxygen and protein synthesis levels. That process requires energy, which is why you continue to fry kilojoules for up to 72 hours after you've stopped sweating. How many? Compare the afterburn of three different workouts for a typical 82kg man.

	TIME	IMMEDIATE kJ BURN	KILOJOULE AFTERBURN
JOGGING AT 70% VO ₂	40 MIN.	1 464	377
HIGH-INTENSITY INTERVALS	30 MIN. (30 SEC. ON, 30 OFF)	1 673	523
LIFTING WEIGHTS	40 MIN.	837	1 255

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For up-to-the-minute nutrition news and tips, go to mh.co.za/food



HEAVY METAL
Nonorganic fruit is coated in non-friendly chemicals.



Skip the Chemical Peels

Not sure if organic produce is worth the higher price? Factor this stat into your calculations: **organic fruits and vegetables contain 50% more heart-healthy flavonols than the conventionally grown kind do**, according to a meta-analysis in the *British Journal of Nutrition*. Also, nonorganic produce may harbour nearly twice the cadmium, a toxic element found in many fertilisers. Cadmium can build up long-term in your body and has been linked to kidney damage and increased cancer risk. Be especially careful with fruit, which was found to be 43% more likely than vegetables to carry pesticide residue, perhaps due to different chemicals and spraying methods, the researchers say.

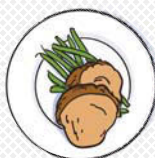
Trick Out Your Plate

Feast your eyes, and your tastebuds may follow. In a UK study, people thought food presented artistically tasted 29% better than the same food plated more typically. The researchers didn't specify what makes a dish look artistic, so we turned to food stylist Simon Andrews for ideas to help you enjoy fruit and vegetables.



Escherise

To create visual interest, use repeating shapes in dissimilar colours. Scatter a medley of carrot, parsnip and potato coins, for example, or pair squash and beetroot cubes. "Repetition helps your eye track over the plate as if it's a work of art," Andrews says.



Elevate

Stack elements of the meal upon one another for a more substantial look. For instance, heap green beans on the plate and lean some sliced pork loin against them at the 6 o'clock mark. Or set a steak on a bed of mashed potatoes.



Embellish

Adding colour or textural contrast can make the meal look fresher. Sprinkle bread crumbs over cauliflower steaks or pasta for crunch. Add olive oil and flaky sea salt to vegetables. Or use fresh mint or coriander leaves to top a stir-fry.



DYNAMIC DUO

CARROT + AVOCADO

Try this combination and you may take in nearly 13 times as much vision-friendly vitamin A as you would from gobbling carrots only, the *Journal of Nutrition* reports. Scientists think the avocado's fats aid your body's ability to convert the carotenoids in carrots into vitamin A.

Eat Up!

Blend avocado into a vinaigrette to drizzle on roasted carrots. Or use guacamole instead of ranch as a carrot dipper.



A TOAST TO YOUR TEETH

Smile when you raise a glass: **red wine can destroy the oral bacteria that may lead to cavities**. When scientists in Spain dipped oral bacteria in red wine for two minutes, the number of microorganisms fell by as much as 78%. Polyphenols in grape seeds may be the murder weapons, researchers say. One caveat: after you sip, you have to swish, says Dr Matthew Messina, a consumer advisor for the American Dental Association. "Red wine can stain teeth," he warns, "and that can make plaque stick." So stave off staining by chasing your wine with a rinse or glass of water, he says.



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Maleg

A full-page photograph of Brandon Flowers, the lead singer of The Killers. He is sitting on a red leather office chair with green metal legs, positioned in the center of the frame. He is wearing a vibrant red blazer over a white t-shirt, grey checkered trousers, and black leather boots. His right hand is resting on a piece of audio equipment to his left, and his left hand is on his lap. He is looking off to the side with a serious expression. The background is filled with various pieces of vintage recording studio equipment, including racks of modules, analog synthesizers, and mixing consoles. The floor is covered in a black and white checkered tile pattern.


Modern Rucker

The Killers take their musical cues from the old school, yet Brandon Flowers' sense of style is anything but. *MH* booked in some time with the world's best-dressed (and probably healthiest) frontman

BY JAMIE MILLER | PHOTOGRAPHS RICK QUEST

KILLER MOVE
Brandon Flowers gave up smoking and drinking to become, he says, a better performer.

reals

Edited by
Buntunigcuka | P. 33A portrait of Brandon Flowers, the lead singer of The Killers. He is a young man with short, dark, wavy hair and a light beard. He is wearing a short-sleeved button-down shirt with a blue and white geometric pattern. He is looking directly at the camera with a slight, open-mouthed smile. His right hand is raised, with fingers spread, near his chest. The background consists of vertical stripes in various colors including red, yellow, blue, and green.

BRANDON FLOWERS IS 15 MINUTES LATE for his interview. But he's got a good excuse. "My gym is closing down today so it took a lot longer to get out: everybody was saying goodbye," explains The Killers frontman, apologetically. "Being here in the city, it's the closest we get to that small-town sense of community."

The city where Flowers makes his home is fabulous Las Vegas. Such a vivid, lurid locale can't help but infuse and inspire much of his musical output. If The Killers' indie and dance-tinged debut *Hot Fuss* was a love letter to Britain and '80s bands such as New Order, Depeche Mode and The Cure, then their subsequent records have been an epistolary romance with Vegas, soundtracked by epic stadium rock in the Springsteen tradition. *Sam's Town*, The Killers' second album, was named after a Vegas casino, and Flowers' first solo record, *Flamingo*, after the road on which it sits. The lead track is called "Welcome To Fabulous Las Vegas".

Flowers' second solo album, *The Desired Effect*, due out this month, promises to be a departure in more ways than one. And although he's in the studio without his regular bandmates, he's not completely alone, working with up-and-coming producer Ariel Rechtshaid. "Fresh: that's the word for Ariel," says Flowers, and not just because of Rechtshaid's background in hip-hop. (He's also produced Vampire Weekend and Haim.)

"He's got a completely different approach to making records from anything I'm used to," says Flowers. "I feel like there's something authentic and a little bit more adventurous about this one, that's for sure." Thematically, Flowers is also leaving Las Vegas behind to an extent – or at least not moonlighting for the tourist board. "There may be some characters in the songs that come from Vegas, but I'm not spearheading some campaign or anything," he says. "I'm just here. And this place is so much a part of me. It's always going to show its face somewhere."

You might expect that a rock star who has permanent residence in Sin City must live a life of such unbridled hedonism it would make a showering-while-swilling-whisky Nicolas Cage check into rehab, posthaste. But Flowers is conspicuously, incongruously clean-living, certainly compared to the legendarily debauched rock stars of yesteryear. "Yeah, it's a new breed of rock star," he laughs. "I'm rebelling against the stereotype." He hasn't drank, or at least been drunk, for "probably seven or eight years". He doesn't smoke. He doesn't even drink coffee. And his much-publicised religious faith – he's a Mormon, a member of the Church of Latter-Day Saints, which issues strict guidelines on alcohol and caffeine consumption – is not the only explanation. Indeed, many of his lyrics are about struggling to remain virtuous and resist temptation.

"I had kids and started realising what I do and don't want in my house," says Flowers, now a father of three. "There were other deciding factors. I believe it's made me a better performer and given me more longevity with my voice. I know it has, because I was there on stage when I was drinking and smoking consistently and I just didn't... my pipes weren't as strong and I didn't have the energy that I do now."

That's probably because, instead of partying all night, Flowers goes to the gym five days a week. "I do cardio and weights," he says. "I mix the cardio up: I do elliptical,

StairMaster and bike to distribute the damage and not put it all on my knees..." And he doesn't see it as a penance: "There are lots of things I like about it. I need to get out of the house sometimes. I really feel the benefits of running in my brain. I feel lighter on my feet. I've got a lot more energy." That extra wattage has, in turn, helped Flowers and his Killers generate a reputation as one of the most electrifying live bands around.

"I don't know if I sing correctly all the time but it's always very physical: I sing with my body," he says. "Fitness has helped me with the performances." Given the opportunity, Flowers would rather fill his newly fortified pipes with fresh air. "If I can do cardio outside then I prefer to go running or hiking," he says. "The Mojave Desert around Vegas is beautiful

for that: we have great trails and hikes. I take advantage any time I can." That includes the height of summer: "We'll go at night, when it cools off, and hike with flashlights." And he doesn't let touring stop him either: "We've hiked all over the place. I've taken down Snowdon. The Alps. We've done good ones in Chile, Sweden... all kinds of places. It's always on my mind, where we should hike on our days off. I love it."

It's not your typical frontman's idea of getting high. On tour is where rock stars are supposed to go off the rails, not on trails.

For most performers, being on stage is intoxicating, and in this regard Flowers is no exception: "I can't sit still for long after. I pace a lot. I'm talkative. I'm high, I guess, like a drug addict." But where other performers might seek something similarly stimulating to postpone the comedown when they come off stage, he swerves the after-parties altogether. "I just don't go. There are only so many Cokes you can have at a bar... the whole thing doesn't attract me any more." In fact, for their Day & Age tour, The Killers had two buses: a party one and a, um, non-party one. "The party bus!" he recalls. "There are nights when it's still around... but the longer I go on, the easier it is to stay off it."

Although whisky and vodka have a reassuring presence on The Killers' rider, there's also kombucha – a fermented tea containing stomach-friendly probiotic bacteria. But it's not at Flowers' request: "That might be down to Mark [Stoermer, bass and backing vocals]. My wife drinks that kind of stuff. I don't like it." In fact, nutrition is one area where Flowers isn't so saintly.

Although he's consistent with his breakfast (cereal with almond milk, a banana and



drinking yoghurt), he occasionally strays from the path of righteousness. "I'm not great with my diet," he admits. "It's something I need to work on. But I love food, so fitness affords me that pleasure. Going to the gym makes it a lot easier to hit the drive-thru and not feel so bad about myself." Hey, a rock star's got to have some vices.

Flowers' devotion to fitness has benefits extending beyond performance, and the excuse to keep up a fast-food habit. Photo shoots like this is one. "As I've got older I've worked out more. The more comfortable I am in my own skin, the more comfortable I am in front of a camera," he says. Not that he has reason to feel otherwise. Even within the dandified sphere of rock frontmen, Flowers is frequently feted for his style. "It's born from the first music I listened to," he says. "It was always very style-driven, even though it was good music. People like The Smiths, New Order: they looked the part. It's like there's an obligation once you sign a record deal that you've got shoes to fill. I've taken some style risks and failed. It's always a gamble."

The odds are stacked in your favour if you can get shoes and perhaps a skinny black suit from someone like Hedi Slimane. Flowers was a disciple of the designer during his Dior Homme heyday, which coincided with the release of *Hot Fuss*. "Hedi was great and he did so many things for me," says Flowers, who remains faithful now that Slimane heads up Saint Laurent Paris. "It's pretty apparent that



KILLER STYLE
This new breed
of rock star
hits all the
right notes..

he's the best at it. He captures classic stuff and makes it feel new."

Although he doesn't place as much emphasis on being a dedicated follower of fashion now he's a family man – "It can be time-consuming" – Flowers still knows where the pulse points are: "I love Dries Van Noten and Burberry Prorsum. Now Levi's is bringing back the classic T-shirts and denim from the 40s, 50s and 60s, so that's a real treat." Denim and biker jackets – rock classics as ageless as, well, Springsteen – are, like Vegas, recurring themes in Flowers' career. The same cannot be said of the snakeskin Dior Homme tracksuit top he wore around *Sam's Town*. "There's still a wardrobe somewhere with all that stuff in," he says. "I don't really wear it any more. But I kept some of the more... let's

say, interesting, pieces."

He says his style has matured and become more sure-footed as he's aged: "As I get older, it gets a little bit easier." Which brings us to the killer question. Flowers' style has changed tempo with his record releases, from the guylinered Dior Homme of *Hot Fuss* to the feather-customised Dolce & Gabbana of *Day & Age*. So what's the look for the new album? "I'm working on it," he laughs. "Sometimes you think, 'I want to wear this or that,' then you go on stage and you realise it was completely the wrong choice. I want it to be something that I feel comfortable in and comfortable performing in. Just because Mick Jagger looks good in it doesn't mean you're going to. You've got to find your own style." Amen to that. **MT+**

FOLLOW THE MEN ON POINT

"Almost every frontman I've listened to inspired me with their style," says Flowers. Here are his band leaders to listen to and learn from...

DAVE GAHAN (DEPECHE MODE)

"For me, the leather jacket started with Dave Gahan and those Anton Corbijn pictures."

BERNARD SUMNER (NEW ORDER)

"If I ever have a fade haircut, then Bernard Sumner is the reason. That's 100% true."

MORRISSEY

"I got into James Dean via him. Then Marlon Brando and those other classic dudes."

ELVIS

"We're really all just Elvis impersonators. That's what all of us are."

And the one who didn't:

ROBERT SMITH (THE CURE)

"I don't know, I can't seem to pull that hairstyle off."

Red, White and Food

Hear it straight from the grapevine: wine's making waves in the kitchen. TV chef Lentswe Bhengu and restaurant critic Matt Preston will now take your questions



MATT PRESTON

Judge on
*Masterchef
Australia*



LENTSWE BHENGU

Host of *Africa
on a Plate*

How do I know which wine to pair with which meal?

● My general guidelines are to choose a wine that either contrast or complement the flavours in the food. Oh, and match the weight of the wine to the weight of the dish. You don't want wine dominating the food – it should be an accent only. Above all, pick something you like.

How do I know which wine to bring to a braai or a dinner party?

● First, ask the host what's on the menu for the dinner. The weather plays a big role too. A sure bet is to take a bottle each of your favourites – one red and one white.

Can I serve wine chilled or with ice cubes?

● I wouldn't add ice to wine, purely because the ice will melt and affect how you taste the different flavours. I'd suggest chilling the bottle in a cooler or fridge.

What foods can you pair with Rosé?

● Rosé isn't just a wine – it's lifestyle choice. I always go for more savoury rosés rather than that bright pink lolly water. Drink it cold and eat it with anything you'd eat on a hot day or a warm evening.

Are there specific glasses for different types of wine?

● Yes, there many different styles of glasses out there. A red wine glass typically has a fuller, rounder bowl with a larger opening that allows you to dip your nose in to detect the aromas of the wine. The

bowl of a white wine glass will be more U-shaped and upright, allowing the aromas to be released while maintaining the wine's cooler temperature.

Do you really have to pour wine into a decanter before serving?

● It depends on the company you're dining with. On a date? Yes, definitely. Drinking your favourite bottle on a hot sunny day, on the balcony with your mates? Not really. Decanting wine allows it to breathe easier – plus, the decanter looks damn good on a dinner table.

Does a cheap bottle of wine taste worse than an expensive one?

● Nope. I've done a lot of blind tastings where a couple of cheaper wines have fared really well against far more expensive opposition. This is why I'm in favour of doing a blind tasting of six candidates before buying the one I like by the case. Wrap them in silver foil when tasting them – trust me, the ones you like best won't be the expensive ones.

Which wine is best for cooking?

● I usually use whatever wine is left over from the night before. I'm also a fan of using a mid-weight sherry to deglaze pans as it adds richness.

What should I keep in mind when storing leftover wine?

● Make sure the bottle is sealed tightly to minimise evaporation. Red wine should be stored in a cool, dark place and white wine and rosé in the fridge.



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Cook Like a Connoisseur

Impress your guests with these easy dinners – and score extra points with your lady by pairing them with her favourite wine

Moroccan Spiced Lamb Shank with Apricots *(Enjoy with a red wine, like D'Aria Merlot)*

WHAT YOU'LL NEED

4	LAMB SHANKS (350G EACH)
3	CUPS RED WINE
3	CUPS VEGETABLE STOCK
2	ONION, QUARTERED
1	CELERY STALK, CHOPPED
2	LEEKS, CHOPPED
3	CARROTS, QUARTERED
6	TBSP VEGETABLE OIL
4	CLOVES WHOLE GARLIC
2	TBSP GROUND CUMIN
2	TBSP GROUND BLACK PEPPER
2	TBSP CHILLI FLAKES

2	TBSP GROUND CORIANDER
2	TBSP SALT
2	SPRIGS FRESH ROSEMARY
300G	DRIED APRICOTS

HOW TO MAKE IT

1/ Mix the spices and salt and rub the mixed spices on the lamb shanks until it's well coated. Set aside for 10 minutes.

2/ Heat 4 Tbsp of oil in a large pot. Sear the meat on high heat on all sides until golden brown, then remove and set aside.

3/ Over medium heat, add 2 Tbsp of oil and sauté the onions, celery,

leeks, carrots and garlic until soft. Add the apricots and rosemary; cook for five minutes.

4/ Return the lamb to the pot with the larger side down and add the liquids to the pot and allow it to come to a boil.

5/ Cover the pot with a lid, reduce temperature to medium and cook for 90 minutes or until the meat is tender. **Serves 4**

Roasted Tomato and Fish Soup *(We suggest a white wine – give Vondeling Petit Blanc a go)*

WHAT YOU'LL NEED

8	CUPS WARM FISH STOCK
6	PLUM TOMATOES, QUARTERED
2	RED ONION, QUARTERED
4	RED PEPPERS, QUARTERED
1	LEEK, ROUGHLY CHOPPED
1	STALK CELERY, ROUGHLY CHOPPED
4	GARLIC CLOVES
2	SPRIGS OF THYME
1	SPRING ONION, CHOPPED
4	ANGEL FISH FILLETS, CUBED
1	PUNNET CLEANED MUSSELS
10	TBSP OLIVE OIL

SALT AND PEPPER, TO TASTE
OPTIONAL GARNISH: CORIANDER OR PARSLEY

HOW TO MAKE IT

1/ Roast the tomatoes, red onions, peppers, a sprig of thyme and clove of garlic in the oven at 180° for 30 minutes until caramelised. Cover with 6 Tbsp olive oil.

2/ On the stove, sauté the celery with 4 Tbsp of oil, leek and spring onion, garlic clove and thyme.

3/ Add the fish stock and reduce by the heat by

half, then add the roasted ingredients and cook for a further 10 minutes.

4/ Blend the ingredients, then strain with a sieve.

5/ Add the fish and mussels, close the lid and poach for 6 minutes. Discard any mussels that don't open.

6/ Check seasoning, garnish with parsley or coriander and serve. **Serves 4**

Jewelled Couscous Salad *(Try with a rosé, such as DeMorgenzon Garden Vineyards Rosé)*

WHAT YOU'LL NEED

2	CUPS WATER
1	CUP COUSCOUS
40G	BUTTER
1	TBSP HONEY
2	CARROTS, QUARTERED LENGTHWISE AND DICED
1	CELERY STALK, DICED
2	LEBANESE CUCUMBERS, DICED
1	TBSP CUMIN SEEDS, TOASTED AND CRUSHED
½	CUP CURRANTS
½	CUP PISTACHIOS

½	CUP SLIVERED ALMONDS, TOASTED
ZEST AND JUICE OF 1	LEMON
ZEST OF 1	ORANGE
½	CUP CORIANDER LEAVES
½	CUP MINT LEAVES
SEA SALT AND FRESHLY GROUND	BLACK PEPPER, TO TASTE

DRESSING

1	CUP GREEK YOGHURT
HANDFUL OF FINELY CHOPPED	MINT LEAVES

HOW TO MAKE IT

1/ First measure and set out all your ingredients.

2/ Heat the butter in a frying pan until melted, add the honey and cook the carrots over medium heat until softened. Season well with salt and pepper.

3/ Heat two cups of water in a medium saucepan until boiling. Remove from the heat and add the

couscous. Stir and allow to stand for a few minutes until the couscous absorbs all the liquid, then fluff with a fork.

4/ Combine all the ingredients just before serving so the salad doesn't get soggy.

5/ Combine the yoghurt and mint to make the dressing and serve on the side. **Serves 4-6**

CURATE A KILLER CARAFE

Now that you know the basics about cooking with wine and serving it, we asked Dennis Molewa, the man behind molewaskitchen.com and owner of Cape Town bistro Borage, which wines to try



OLYMPIA BLOCK KALK BAY CABERNET FRANC (R180)

"The wine is made from Kalk Bay Vineyard grapes, which is the closest a vineyard gets to the sea in SA. believe it or not, the grapes really do carry a faint film of actual sea salt when they're harvested. It tastes the best chilled – it has a light body and is slightly salty. It's an interesting choice for date night and it's sure to leave an impression." kalkbayvineyard.co.za



THORNE & DAUGHTERS ROCK-ING HORSE CAPE WHITE (R170)

"I never cared much for white wine until I attended David Cope's popular wine course at Publik and was poured a glass of this. I was surprised by its low acidity, which makes for easy drinking for people who usually opt for red. It's an excellent food wine and is incredibly versatile. It's a safe choice for when you've been invited over for dinner." thorneanddaughters.com



LAMMERSHOEK LAM PINOTAGE (R75)

"I call this particular wine a 'heavy rosé' because it's the lightest pinotage I've ever come across. It has a beautiful, light red colour, fresh notes and a delicate taste. It's perfect for laidback picnics and goes well with most foods. It's even better on its own, especially when you're playing host to your mates." lammershoek.co.za



* Rare find or lemon? Context matters.

While on the surface things may look good, it is only once you look deeper that you understand whether something runs the way it should.

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Should You Pack It All In?

Every man has thought about calling time on his 9 to 5. Allow us to help you indulge in career surgery with life coach and career mentor, Penny Davenport, to find out if it's time to hand in that resignation letter



SO, START
BY TELLING US
ABOUT YOUR
DAY...

NIGHTMARE DAY? MORE
LIKE THE WORST MONTH
OF MY LIFE

ABSOLUTELY FINE,
THANKS

FEEL SMUG
JUST DON'T GET
TOO COMFORTABLE.
IT NEVER HURTS TO
KEEP AN EAR TO
THE GROUND...

[INSERT ANNOYING COLLEAGUE'S
BEEN GETTING ON MY WICK

START NETWORKING AGAIN

OPEN UP TO OPPORTUNITIES

If your idea of making contacts is bumping into an old mate and offering to buy him a draught, you're doing it all wrong. Career consultant Penny Davenport's "20 Dials" method will help you get the most out of every conversation.

1. Write a list of 20 people you want to meet. They don't have to be involved with the career you're hoping to pursue.
2. Call or email them. Suggest coffee, a workout or drink – whatever they're into.
3. Go prepared with five topics to talk about, having researched their industry. Cover social life first; at the end of the day they're human. (No, it's not Machiavellian.)
4. Say, "I'd love to get your opinion. I want to get into something totally different. What's going on in [industry]?" Drop in three things you've learnt – pick one from business news and another based on share prices. They'll remember you for it.

Are they
further up
the greasy
pole?

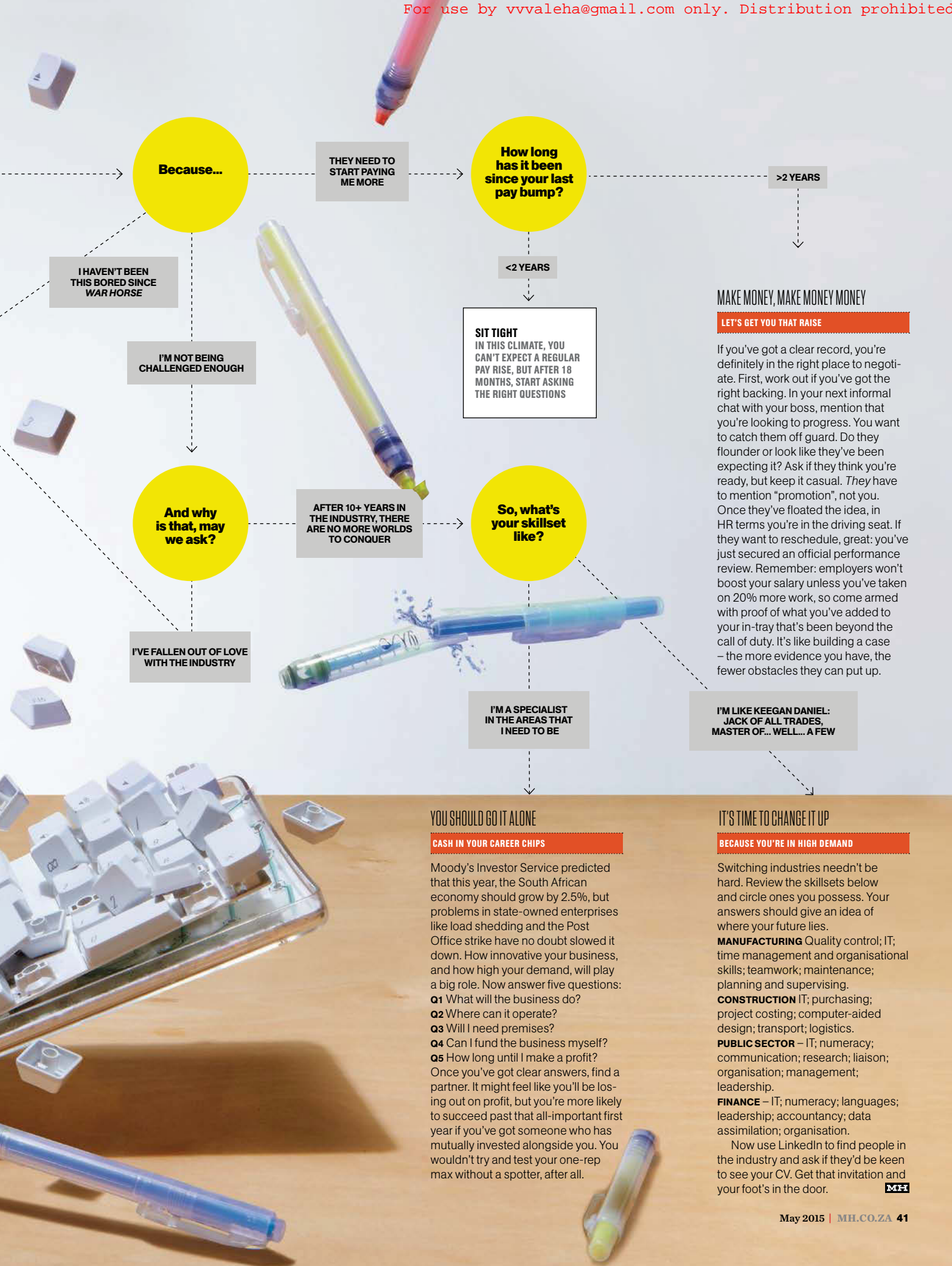
DON'T WE
ALL KNOW IT

TAKE NOTES
KEEP A DATED RECORD OF THEIR
BEHAVIOUR. SHOW IT TO THEIR
LINE MANAGER IF ISSUES PERSIST

Are they a
subordinate?

IN A WORD:
PLEB

GET OVER IT
YOU'VE NOTHING TO GAIN BY
GETTING INTO PETTY DISPUTES
WITH THOSE BENEATH YOU



The Hit List

The 12 things that will make you smarter than everyone else (at least for this month)



BLOCKBUSTER WARM-UPS

► 6 / *Get Hard*

When James King, played by Will Ferrell, is wrongfully convicted of tax evasion and sentenced to 10 years in prison, he recruits his buddy, Darnell (Kevin Hart) to show him how to make it in jail. Problem is, Darnell's never been inside. If nothing else, Alison Brie should make it worth a watch. (Out 1 May)

► 7 / *Mad Max: Fury Road*

If you haven't seen the awesome two-and-a-half minute trailer yet, put down this magazine and YouTube it. Sold yet? In the first *Mad Max* film in 30 years, Tom Hardy is joined by a buzzcut-sporting Charlize Theron on an explosive journey across a post-apocalyptic wasteland. (Out 15 May)



► 8 / *How Much is Enough?* by Andrew Bradley, Arun Abey and Andrew Ford

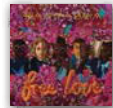
Based on the idea that money is but one pillar of a happy life, this book will help you learn how to invest in your own goals and improve your investments by avoid harmful spending. (R200, Zebra Press)



► 9 / *SimplyUs*

Every guy ever has been late for an event, double booked or forgotten what needs to be done. No judgies – we could all use a little help here. This app syncs your calendars so you and your significant other can spend less time arguing about who forgot what and more time actually being together. Free on iOS.

LISTEN TO SOMETHING NEW



► 10 / *Free Love* by Fantasma

Founded by local genius Spook Mathambo, Fantasma is a five-man band conceived a unique blend of electronic music, new-age kwaito and maskandi. This album, their debut (along with their striking visuals and style) puts them at the frontier of a new wave of SA music, breaking down boundaries left and right. (Out now)



► 11 / *Hairless Toys* by Róisín Murphy

The Irish former Moloko frontwoman returns with her first LP since 2007, and doesn't disappoint: the first single "Gone Fishing" is an echo of her funky-up electro debut *Ruby Blue*. Expect feel-good dance music that may or may not have you wondering when H2O tickets are going on sale. (Out 11 May)



► 12 / *Love + War* by Kwabs

With three critically-acclaimed EPs under his belt, the British singer's debut full-length is one of the most anticipated albums of the year. With his gritty yet soulful baritone and diverse sound – ranging from lo-fi electronica to drumbeats – your drive-to-work playlist just got a major upgrade. (Out 18 May)

► 1 / *Sound of Light*

featuring Robin Schulz

The hugely popular German electro DJ is in South Africa to headline Sound of Light, a massive club event at various venues in Joburg, Cape Town and Durban. Expect hard-hitting beats, euphoric dancing and a lot of luminous armbands. (Tickets start at R299, robinschulzsatour.co.za)

► 2 / *The Good Food and Wine Show*

With a host of celebrity chefs and more gourmet food than Gordon Ramsey could dream of, the Good Food and Wine Show is a permanent fixture in our go-to events. It's also the only place we'd advise you to swallow instead of spitting when wine tasting. Tickets cost R130 from Computicket. (21 to 24 May)

FOR THE COUCH POTATOES



► 3 / *Veep Season 3*

Julia Louis-Dreyfus isn't just hilarious – she's subtle as hell about it too. Her turn as the self-centred, fame-hungry US VP Selena Meyer may be her best role yet, but the bumbling, often absurd characters on her inept team make this well worth a binge watch. (Out now)



► 4 / *Wayward Pines*

M. Night Shyamalan (the guy behind *The Sixth Sense*, *The Village* and more) is bringing his twist-ending expertise to TV. Matt Dillon stars as a Secret Service agent investigating the disappearance of two feds in a small town. Sounds straightforward, you say? It's not. (Starts 14 May)



► 5 / *Californication Season 7*

Because every man needs a close-to-hand, non-deletable guide to maneuvering through the high and lows of fatherhood, marriage and a very, very strong love for sex... The final season of *Californication* is now available to own, and treasure, forever. (Out now)



Going slowly in this busy world

It feels as if the world gets busier every year, with more to pack into the hours of the day and more responsibilities to keep track of. It's enough to make your head spin. So how do we find ways to go slowly in this busy world?

Everyone knows that awful feeling – the one you get when you're running late, heading for the car with arms full of laptop bags, handbags, tablet cases and the general paraphernalia of a busy life, juggling your car keys with one hand so that you can get the car boot open without dropping everything in a heap. We all identify with that sense of being overwhelmed by life and everything that goes along with it. With life getting busier by the day, the only way to find time to do what we want to, is to simplify with tools that work harder for us than ever before.

One of the tricks busy people know about is that minimising the clutter makes for a calmer self. Why have three devices when one unique, smart device will do it all for you? Let's be honest – the real reason we have so much stuff is because it seems like that's what we need to stay on track, but it's just not true. With one smart device that offers all the benefits, it's easy to simplify how you communicate, no matter what the channel.

With all your apps at hand (including that essential to-do list app that helps you stay on top of the school run, business meetings and social events), a screen that's better than anything you've ever seen before and peerless note-taking facilities in one elegant package, the Galaxy Note 4 is the tool that will help you find time for the things that matter – like catching that all-important school cricket match or checking in with a friend.

Having the right smart device means that those little gaps in time during the day become productive time. Instead of wasting 10 minutes waiting for a meeting to get started, those minutes can be put to good use – even if it's just to make notes for the day ahead. They say that doodling is a great way to create a concept and play with new ideas, but to really express yourself, it's easier with a pen in your hand. Better yet, an S Pen, the tool that combines note-taking methods that give you total freedom to create, edit and collect content on the move. Combined with features like the innovative Snap Note, which lets you take pictures of meeting notes on paper or a whiteboard and convert them to an electronic note, your time becomes more productive and simplifies your day at the same time. It also helps to have a large screen made for multi-tasking. Because every extra industrious minute during the day means another moment you can spend with the people you love, going slowly in this busy world.



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What If You Actually Gave Every Girl Your Number?

Does the way you approach women leave you with burning slaps on your cheek instead of kisses? Maybe it's time for something ballsier



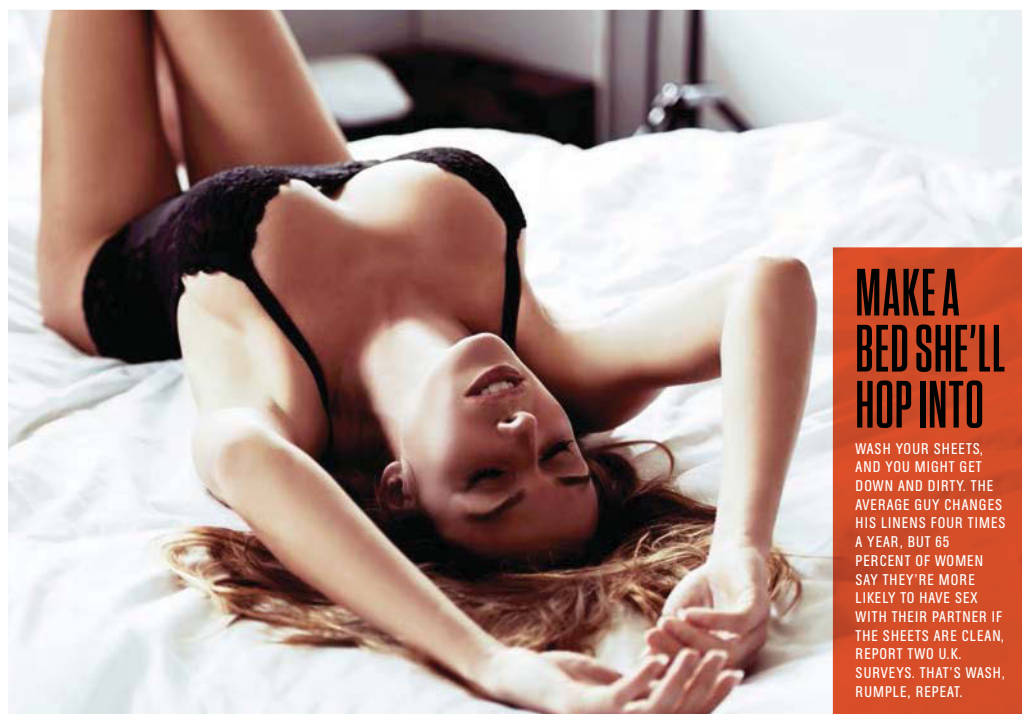
IT'S FRIDAY NIGHT. I'M PLAYING POOL

in a crowded bar when a blonde walks in, triggering that most primal of instincts. Me. Want. Her. Typically I'd suppress the urge to approach. Maybe it's because I'm lame – or a total wuss – but straight-up hitting on women seems uncouth to me.

Thanks to the ultimate wing-man (my phone), I prefer a lazier, no-risk way to reach out. I'll scroll through Tinder, hoping that now that we've seen each other, we might also right-swipe to bypass some small talk. Or take a little trip through Instagram to see if she geo-tagged a selfie that I could comment on. (Think that's weird? Go tweet about it, dude.)

Tonight I decide to wing it. Pulling a pen and notepad out of my back pocket, I jot down my number and head on over. "Hey, I'm David," I say as I hand her the slip of paper. "You're compelling. Call me."

What exactly has gotten into me? Well, my usual approach doesn't work that well. As in almost never. So I made a pact with myself: whenever I noticed an attractive woman, I would simply stop and give her my number. Then I'd be standing in front of her and could make another off-the-cuff call: head for the exit or see if she wants me to stick around.



MAKE A BED SHE'LL HOP INTO

WASH YOUR SHEETS, AND YOU MIGHT GET DOWN AND DIRTY. THE AVERAGE GUY CHANGES HIS LINENS FOUR TIMES A YEAR, BUT 65 PERCENT OF WOMEN SAY THEY'RE MORE LIKELY TO HAVE SEX WITH THEIR PARTNER IF THE SHEETS ARE CLEAN, REPORT TWO U.K. SURVEYS. THAT'S WASH, RUMPLE, REPEAT.

"Hysterical," says the woman at the bar — my first foray into this experiment. She tells me her name is Alexandra. "Women can't help but be impressed by a man who's willing to make a fool of himself." The night doesn't stop there. We have a few drinks and I walk her back to her hotel for a goodnight kiss. "The next time I'm in town, I'll give you a call," she says.

Emboldened, I give my number out to a dozen more women over the next few days. There isn't really

a plan or a script: just be nonchalant (not aggressive!) and empower her to make the next move. Yeah, it's gimmicky. But guess what? The ladies are intrigued. True, a woman in yoga class rolls her eyes and walks off, but later that day I resupply my courage and drop my digits to another outside a hardware store. She asks me to stick around and hang out. A few hours later I try the same thing on another woman inside a book shop. "You're funny," she says, smiling. We end up having martinis at a nearby bar.

While initially embarrassing, the gesture becomes exciting: instead of feeling like a cybergEEK, I'm a new man. A man who's bold enough to face rejection. At least half the women I give my number to call or SMS to meet up.

Professor Edward Royzman, a psychology lecturer at the University of Pennsylvania in the US, says it's the directness of this tactic that's so alluring to the women I approach. "You're revealing character traits, like boldness and a willingness to take chances, that from an evolutionary psychology standpoint are appealing to the opposite sex," he says.

Plus, there's the modern role reversal: she has my number. I don't have hers. That means I can sit back and wait for the phone to ring. I give my number to a woman who's waiting outside a coffee shop. "Um, thanks?" she says dubiously. But the next day I get an SMS: "You may be nuts, but who isn't? Coffee sometime?" Hmm... maybe. My schedule is filling up fast. **MT+**



DATING DIGITALLY? Scientists have found a sweet spot for the number of pics to post. According to a University of South Florida study of online daters, one photo is too few ("What is he hiding?") and more than seven is too many ("What a narcissist!"). Stick with three to six. And zero of you posing with a tiger.

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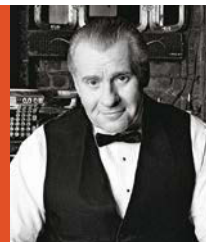
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Go Further

JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives



You've probably stopped a lot of drunks from driving home. What's your best trick?

It's not about trickery. It's about conviction, and once you have that, keeping a drunk out of a car is easy. When I catch a guy staggering across the road with his keys in his hand, I give his friends the business. "He can't be stopped," they tell me. Like hell he can't. If someone's plainly plastered, then you snatch his keys, grab him by the collar, call him an Uber – whatever you gotta do. If you believe in what you're doing, the "how" comes naturally. He'll live to thank you later.

I want to visit my son at his flat at university, but he keeps dodging me. Hey, I'm paying for it. What's his problem?

I get it. You're bankrolling the kid's education, so you figure

you have the right to stop by. But c'mon, is that how you want to play this? Your son's trying to grow up here. Maybe he suddenly decided to "be a man" by setting some father-son limits. So humour him. For all you know

he's just embarrassed about the disgusting bathroom, or his roommate's beer-can pyramid. If you're worried about your investment in his schooling, ask to see something meaningful, like his marks.

Like an idiot, I told a crude gay joke to some colleagues. Yep – turns out one of them is gay. D'oh! Am I forever the office bigot?

What were you thinking, dufus? Scratch that – you weren't thinking. And now you're all concerned about your reputation when you should really be thinking about the guy you insulted. You want people to stop calling you a homophobe? Start behaving like a decent guy. Pay a visit to your colleague's desk and say, "I was a total dumbass the other day, and I'm sorry about that joke." Don't go into how cool you are with "the gays", and don't insist that it's the only insensitive joke you've ever told. Just keep it short and sweet. Then make a point of being more sensitive in the future.

My girlfriend and I split and then made up a week later. But I slept with someone else in between. Do I confess?

What, are you nuts? Technically you did nothing wrong, and telling her about your little fling will only make her wonder why you were in such a hurry to jump another woman's bones. Come to think of it, you should be wondering that yourself. Here's how you can make this work: zip your lip. That said, there are two important "ifs": if it was one of her friends, you need to spill. And if you didn't wrap it up, say so and get yourself to a clinic, buddy.

Otherwise, keep your trap shut and deal with your guilty conscience on your own time.

After I introduced my two pals to each other, they began hanging out without me. I'm a little miffed. Should I be?

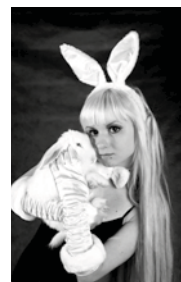
Come into my place, Khwezi. I'll buy you a drink. But it won't be a pity party. You want to hang with your pals? Plan a poker night. Then stop acting like the jilted boyfriend.

My friend ends everything he says with "get it?" Is it a dick move to point out his annoying verbal tic?

One of my regulars had a thing like that. When he was beefing about politics, which was often, he'd say, "Don't get me started." I got sick of it, so one day I said, "Joe, I'm not trying to get you started. I'm trying to shut you the hell up." I saw the wheels turning in Joe's brain. After that I never heard the "Don't get me started" thing ever again. I didn't exactly dump on the guy, but I made him see what he was doing. So next time your pal says "Get it?" you say, "Actually, I don't get it. Maybe explain it another way." And once he figures out that you're just busting his balls, say, "I'm trying to do you a favour here. Get it?"



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WORK MAGIC


A Line She Can't Refuse

The Principle Magicians know that audiences "see" the same things differently. "There are no absolutes for the brain," says neuroscientist Dr Susana Martinez-Conde. Your mind perceives things based on context, either actual or implied – and this is the basis for many illusions. For this trick, a pencil and scrap of paper are all you need.



How to Use It Draw this image. It can be viewed as either a duck or a rabbit, but people usually see one, not the other. Next time you want to break the ice with a woman, sketch the critter and ask what she sees. If she says it's a rabbit, tell her you can transform the picture before her very eyes. Then say two magic words: "quack quack". If she sees a duck, say "Bugs Bunny". Presto! Then, in the midst of her amazement, direct her attention to you and say, "sexiest man alive". – JOE KITA

There's a time to be bold. And a time to be cautious.



With 51 of his 63 wins coming from knockouts, Jack Dempsey's bold boxing style had made him the most feared man in the sport. But when an outright underdog took his title by forcing him to go the full ten rounds, he learnt a valuable lesson. You can't always rely on a bold approach to lead you to victory. Which is why, when it comes to investing, we never take anything as a given, and always utilise the power of restraint. Because knowing when to be bold, and when to be cautious, makes all the difference. And that's what makes us Wealthsmiths™.

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Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Albion Research Notes 1997;6(1). ^{SD} Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H/24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007. Report adverse events to drugsafety@merck.co.za or +27 11 608 2588 (Fax line).

Men'sHealth Personal Trainer

EDITED BY ARTHUR JONES

MHPT

Thai This on for Size

NUTRITION / P54

Train Like a Bar Star

HARDWEAR / P58

Build Bolder Shoulders

CHALLENGE / P60

Bottoms Up for Instant Strength

UPGRADE / P62

BECOME A REAL LETHAL WEAPON

TACTICAL GAINS

Use classified training secrets to get built like a bodyguard / P50



TRUE STORY

Ryan Brauer beat obesity
using CrossFit and a
winning eating plan
WEIGHT LOSS / P56

ELITE MUSCLE DECLASSIFIED

Security professionals at the highest level of Italian politics and culture have turned to an elite military training plan to protect clients from terrorism, kidnap and assault. Their next assignment: you. This is how to prepare your body for battle





ROBERTO TESTA HAS HIS WORK CUT OUT.

As one of the men charged with the personal safety of Italy's social and political elite, in a country with endemic corruption, organised crime, economic instability and a history of political kidnappings and assassinations, he lives in a state of constant alert.

During shifts that last up to 14 hours, he is a ghost at his client's side, silently gathering intel, pre-empting threats and planning escape routes. "Even during the moments of waiting, you cannot lower your guard," he says.

A former commando in Italy's equivalent of the SAS, Testa is in his fifties – the best bodyguards, he claims, draw on decades of tactical experience. But with that knowledge come stiff joints and old wounds. So Testa and his team use tactical fitness, a training system that has grown in secret to become a staple training regime for special forces in the US and Israel, and even Swat teams.

Now, you can be the next recruit, with classes and certifications starting to open across South Africa (visit tacfit.co.za for information on costs and dates).

Tactical training prepares Testa for a very specific kind of fitness. He needs the stamina

to stay alert during long hours of tedium, while preserving enough speed, strength and presence of mind to enter a sudden, deadly firefight and get his people out alive and unharmed. Before finding Tacfit, he says he "was unable to reach the squat position".

This is trauma as exercise, dramatically increasing muscle and joint flexibility and heart-rate recovery. You hit the floor often, moving at complicated angles to prepare for a clash you hope will never happen. The six-pack is just a side effect. "Being in perfect shape gives you the peace of mind that only comes from self control. [You know] that you have not left anything to chance," Testa says, claiming he has never unholstered a weapon during his 20-year career. "For a bodyguard, having to pull out a gun is defeat. It means you worked badly."

Incorporate the principles of Testa's training into your own regime, then use the 20-minute bodyweight workout over the page to build lethally functional fitness – even if the only thing under your protection is a set of well-defined abs.

[For security reasons, *Men's Health* has kept some names and details out of this article.]

01

THE GYM AS A WARZONE

Testa and his team train with Alberto Gallazzi, former bodyguard to Madonna and George Clooney and a co-founder of Tacfit. "There are four conditioning sessions every week. We train in different locations and on different surfaces, ranging from gyms to urban environments. This helps to simulate the broad spectrum of our work."

02

FIGHT-OR-FLIGHT FITNESS

In Tacfit, you work close to your aerobic threshold so you're able to perform in the most stressful situations, even when the fight-or-flight response kicks in. Blasts of 20-minute high-intensity work keep your body in elite condition, training the central nervous system for intense battlefield scenarios when peripheral vision and hearing deteriorate.

03

DEPLOY LETHAL FORCE

Gallazzi, a former kickboxing champion and a master of jiu-jitsu, karate and street fighting, trains bodyguards such as Testa in lethal fighting techniques, so they can defend themselves and their charges at all cost. Mixing martial arts into your training will increase your strength in places the gym rarely reaches, including your hips, shoulders and forearms. It'll also trigger big improvements in your agility.



04

BALANCE YOUR BODY AND MIND

Each move requires good coordination and core strength. Tacfit exercises are deliberately complicated to keep your brain engaged, as well as your abs. It's not just about agility. Having to concentrate like this trains you to think clearly while under intense physical pressure. This is vital in survival scenarios but you'll also react faster and make sharper decisions on the sports field.

05

ATTAIN FITNESS UNDER FIRE

The training uses a lot of bodyweight moves, hitting your muscles from unusual angles. This boosts your strength and mobility, as well as improving shock absorption on impact. It's perfect prep for contact sports and is even more effective when you add "props", as seen on the previous page. If you don't have a rifle to hand, use kettlebells or furniture to work new angles for increased definition.

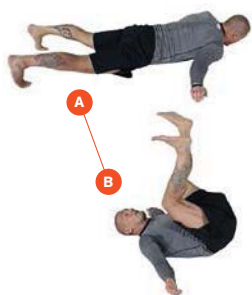
06

BE BATTLE READY

Tacfit's ultimate goal is "physical preparedness". As the complex moves pictured here show, it's not cardio, strength work or muscle building but a combination of all three, and at varying intensities through the workouts. Use Gallazzi's core workout (below) to build a body that's resilient and ready for any attack. Your side benefit: you'll end up with a ripped rig that's never worked better.

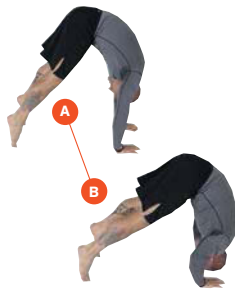
YOUR BODYWEIGHT BODYGUARD

This elite Tacfit workout from Alberto Gallazzi builds strength, agility and endurance all at once. First, repeat each exercise for 20 seconds followed by 10 seconds recovery. Repeat eight times. Rest for 60 seconds then repeat using the reps below. Complete as many rounds as you can in 20 minutes, then get the hell out.



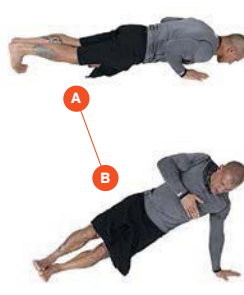
1\ ROLLING SPRAWL

Squat, then spread your arms (A) and fall backwards. Raise your legs over your head and roll over (B), landing with your knees off the floor. Repeat 15 times. This improves your agility and keeps your abs busy too.



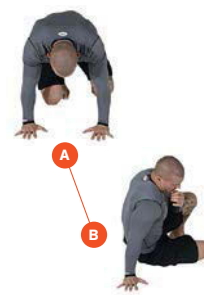
2\ ROCCA PUSH-UP

Bend down to touch the floor, feet up on your toes (A). Bend your arms and touch the floor with your head; keep your legs straight (B). Return and repeat for 5 reps. This quickly builds functional strength.



3\ SURVIVAL PLANK

Start in a plank (A), then shift your weight onto your left side. Bend your right elbow so your palm is over your chest (B). Do 8 reps and change sides for abs strong enough to take on any challenge.



4\ SIT THROUGH KNEE

On all fours (A), rotate your hips, shifting the weight onto your right side (B). Return to the start position and switch sides for 21 reps. These moves engage your brain, training you to react calmly under stress.

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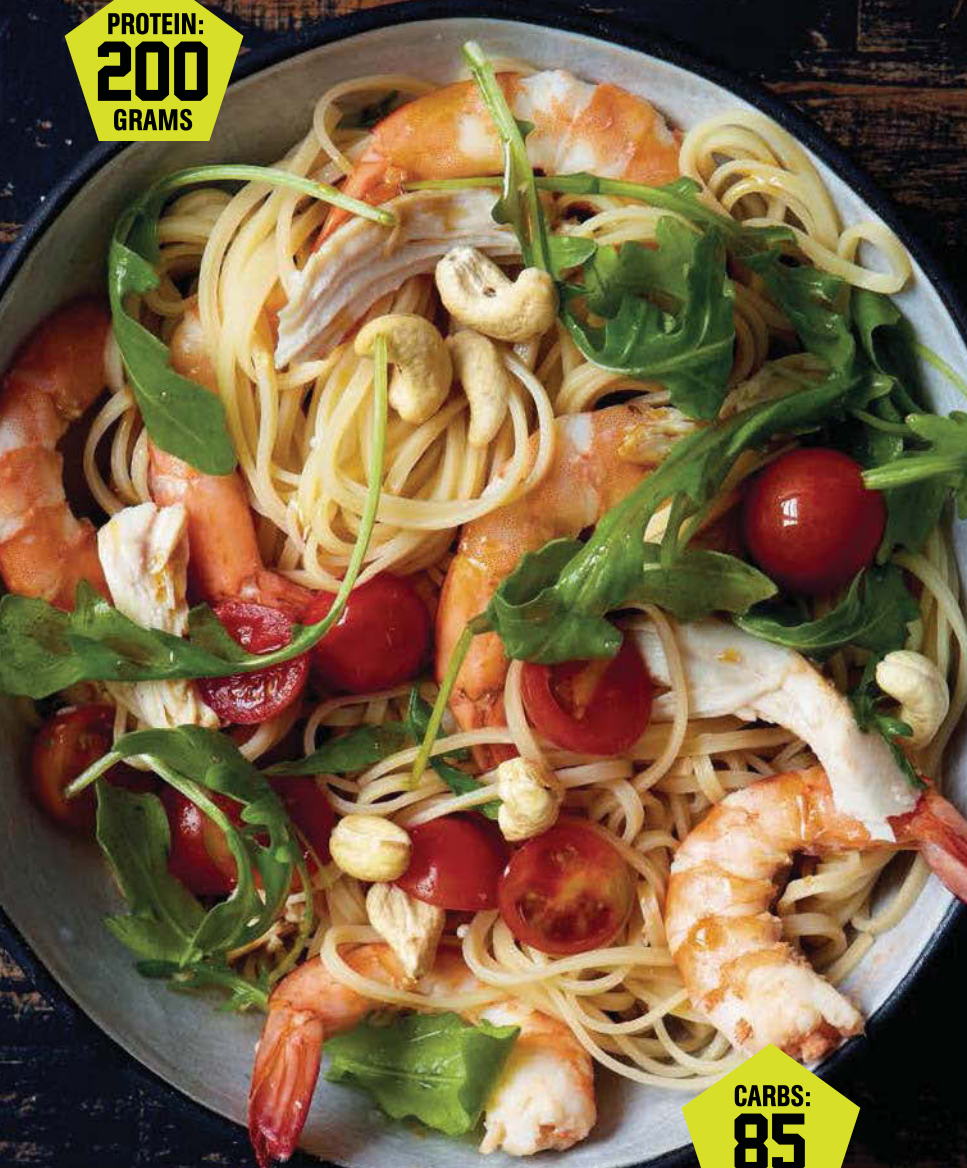
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CARBS:
85
GRAMS

ASIAN PRAWN AND CHICKEN SALAD

METHOD

01 This only takes 5min to make, but its proteins and amino acids will keep your muscles fuelled (and stomach full) all day. Tip the chicken and tomatoes into a bowl.
02 Thai dressing is the world's healthiest – it adds very little fat while improving nutrient absorption. Whisk it until the oil and juice are combined; mix with the nuts and prawns.
03 Add the noodles and rocket and toss everything together.

INGREDIENTS

- Small chicken, cooked, skinned and shredded
- Cherry tomatoes
- Prawns, 1 pack
- A large handful cashews, smashed
- 1 bag egg noodles
- 2 bags rocket

DRESSING

- A lime
- Fish sauce, 10 splashes
- Palm or brown sugar, 1 big spoon
- A red chilli
- A dash sesame oil

01 PRAWNS

MAKE A SHELLFISH DECISION

Kilo for kilo, prawns are the best source of protein on Earth, with fewer kilojoules and far less fat than beef or chicken, according to nutritionist Rosemary Stanton. They're also loaded with the essential omega-3s and magnesium you need for post-workout protein synthesis. Definitely worth shelling out for.

02 CASHEWS

OIL UP THE MUSCLE MACHINE

As soon as you've finished a session, your muscles start up metabolic reactions to forge new fibres – a process enhanced by the oils in cashew nuts. Tastier than any oil, they're loaded with healthy unsaturated fats that give you energy and help your body to absorb fat-soluble nutrients.

03 DRESSING

OPTIMISE YOUR NUTRIENTS

The traditional Thai dressing adds little fat, unlike anything you'd find from Italy or France. All the elements either serve to boost metabolism or improve the rate of absorption, as well as oxidising blood to improve nutrient transfer between cells. What does that mean? You won't get that immediate crash after a heavy lunchtime session.

04 CHICKEN

SOUP UP YOUR FOWL

Your everyday muscle-making staple has all the protein you need, but when it's combined with the cashew's healthy fats it becomes the perfect post-gym combo: the nuts make the nutrients from the chicken easier to absorb. Breast is best – leg meat contains more kilojoules and less protein, according to the journal *Meat Science*.

05 NOODLES

DO THE DIRTY ON WHOLEGRAIN

Bad carbs can be good. If you've just finished a hefty hypertrophy session, you want the GI spike from white rice or pasta that gym puritans spend most of their life trying to avoid. The low-fibre noodles encourage the liver to secrete insulin-like growth factor 1, which repairs muscle and speeds up growth.

THE SUPER BOWL

Whip up these noodles for 200g of muscle-ready protein

INGESTING SUCH A LARGE QUANTITY OF FOOD IN ONE SITTING MAY SOUND EXCESSIVE, BUT AFTER working your muscles to exhaustion it's exactly the kind of overload you need for quick results. To build serious size, your body needs 2g of protein per kilogram of your target weight across the day. Split into four 50g protein meals, this kind of fuel can help you gain 5kg of muscle in a month. This recipe has more than twice as many grams of the good stuff as carbs. The fact that it's delicious is a happy coincidence.

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PLAYING HIS TRUMP CARD

Ex-poker champ Ryan Brauer beat the odds to win the weight game

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AGE
34

LOCATION
Cape Town

OCCUPATION
Marketing & Brand Manager for Caffeluxe

HEIGHT
1.83m

WEIGHT BEFORE/AFTER
103kg / 76kg

TIME TO GOAL
18 months

THE GAIN My health was alarmingly bad. I had almost zero fitness, I could barely walk a full round of golf – I'd almost always use a cart. The only "intensive exercise" I did was playing an indoor soccer match as goalie, and that would still take it out of me. Poker was unhealthy for a variety of reasons: inconsistent sleep patterns; sitting playing online until 5 or 6am; snacking on toasted cheese sandwiches with white bread at 3am; a VIP All-You-Can-Eat-Buffer card; drinking too many fizzy drinks and smoking a pack-and-a-half of cigarettes a day.

THE CHANGE At the end of a week-long trip to London, jam-packed with pub lunches, fast food and partying, I was sitting at the airport going through photos, and for the first time in my life I was disgusted with myself. That was the turning point.

THE STRATEGY I focused on milestones along the way – it's better to break things down into bite-size pieces. In terms of exercise, I did 45 minutes of cardio, 3 times a week, ramping it up along the way. At one stage, when I was at about 90kg, I realised I needed to introduce weight training, and I noticed an old poker friend was heavily involved in CrossFit. A quick inbox query led me to Cape CrossFit, thanks to my fellow ex-poker pro Christian Oman, who I can't really emphasise enough how much of my transformation was thanks to him. Chris was instrumental in educating me about nutrition, as well as encouraging me to come in and do a private one-on-one basics course with him before eventually starting CrossFit. Almost two years to the day after I started, I qualified for Advanced Class – something that was never

part of my pipe dream. As someone who couldn't get off the couch without pushing up with both hands, I never even believed it was possible to get this fit.

THE RESULT Being fit doesn't mean you have to miss out on the "good things" in life, it actually opens the door to so many better things, like overnight hikes on Table Mountain, marathon beach-bat sunset sessions on Clifton beach, gruelling Workout of the Day sessions where you beat your mate in the last few seconds... Not to mention sleeping through the night without waking up with sleep apnoea, or horrific heartburn the next morning.



We want to hear your weight loss and personal success stories! Email us at tellmh@media24.com



COACH'S CORNER

Sweet Revenge

Sugar hides in all kinds of foods – not just the usual suspects...

1. FRUIT JUICE

The fibre is mostly gone, and it's filled with natural fruit sugars. Even though it's "natural", it's still full of kilojoules and will spike your sugar levels.

Your Replacement:

Make smoothies with a limited number of fruits, and mix them with veggies.

2. SAUCES

Tomato sauces and salad dressings are filled with sugar. (One tablespoon of T-sauce equals a teaspoon of sugar.)

Your Replacement:

Make your own chilli or relish without sugar – the chilli has weightloss benefits in itself. For salads, stick to small amounts of balsamic vinegar and olive oil.

3. PEANUT BUTTER

Yes, it can be good, but only without the added sugar.

Your Replacement:

Choose the more expensive option, with the "no added sugar" option.

4. YOGHURT

Lots of those seemingly innocuous little tubs are sweetened.

Your Replacement:

Choose full-fat Greek yoghurt so you get a protein-packed punch, then pair it with a fibrous fruit (like sliced apples).



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COACH'S CORNER

Calisthenics deciphered

RANGE OF MOTION

This describes how you should try perform the full range of movement in every rep, without cheating. Doing so builds better, well-balanced strength and helps with your flexibility too.

FALSE GRIP

A gymnastic technique that helps you pull yourself up and over the bar or rings. It basically shortens the range of movement (which you do by cocking your wrist at a slight angle).

STATIC HOLDS

This can be in an L-sit position on parallettes, or at the bottom of the dip in the rings. Either way, these isometric holds can help build serious strength (especially in the core).



01 / MAXED GLOVES

Avoid blisters, calluses and slippery hands with a pair of comfy, grippy gloves. **R150, mrpsport.com** If you don't like to train with gloves, then you should at least keep your hands dry to keep your skin from tearing or slipping. The magnesium carbonate in **Fitness Freakz Training Chalk** soaks up sweat to give you a better grip. **R150, Sportsmans Warehouse**



02 / THE GOPRO 3-WAY

Granted, you can film with your phone, but when it comes to training in the park, it's hard to find a ledge. GoPro's latest attachment is a masterpiece: it can work as a tripod, camera grip or extension arm. There's even a smaller tripod that fits inside the handle. Perfect as your cameraman in your budding fitness career. **R919, takealot.com**



03 / WOODEN GYMNASTIC RINGS

Throw them over a tree branch or set them up in your garage, either way, this simple training tool will provide you the strength (and core power) of a gymnast – as long as you're willing to put the effort in. (There are cheaper, plastic options, but we prefer the old-school wooden feel.) **R953, gymconcepts.com**



04 / PARALLETTES

Don't have time to go to the park or to the gym? Invest in a pair of these bars for home so you can practice your L-sits, handstands, dips and more. For a beginner, the shorter, heavier metal ones are more expensive but will outlast any other options. **R936, gymconcepts.com**



05 / THE EXTRA LAYERS

Being outdoors means you may get cold, especially in winter. Try the tapered, moisture-wicking **Adidas Stronger Pants** – the breathable material will help your movement, not hinder it. **R900, adidas.co.za** Pair it with a lightweight, water-resistant **New Balance Ultra Hooded Jacket** and you're covered. **R1 400, newbalance.co.za**



06 / SKULLCANDY METHOD EARPHONES

The soundtrack of kids playing in the park may not be the best motivator, so invest in a decent pair of water-resistant, rugged earpieces that sit comfortably. **R399, luksbrands.co.za**. If you prefer the comfier, bulkier feel of headphones, you should try a **Hesh 2 Wireless** set. **R1 499, luksbrands.co.za**



HOME IMPROVEMENTS / WALL-MOUNTED PULL-UP RACK

Turn your home into a calisthenics muscle Mecca with this sturdy rig made from 3mm steel, which has brackets to help mount it to almost any kind of wall. It's safe for muscle-up work too (just don't mount it to close to the ceiling or you'll be the next home-gym fail star on YouTube). **R1 047, gymconcepts.com**

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10 STRICT
HANDSTAND
PUSH-UPS**

STAND AND DELIVER

Transform your body using our monthly challenges. This month: a portable showstopper that'll build bolder shoulders and a defined upper body

01 / START STRONG

Before you attempt to go vertical against the wall, you need a solid grounding. Place your hands wider than shoulder-width, in a triangle position in relation to your head. "Turning your hands out by 5 to 10 degrees opens up your shoulders to make the next stages feel more natural," says Dwayne Cooper of Spartanfam training collective.

02 / KICK THINGS UP

Once your hands are in position and you have placed a cushion, ab mat or something soft for your head to rest on, then push up hard with one foot, followed immediately by the other, to kick into the handstand position. Try land as softly as you can with your feet against the wall. "Once you're up, breathe in and tense your core to keep yourself stable," says Cooper.

03 / PRESS ON

"It's more about lowering with control than pushing," says Cooper. Lower slowly while keeping your heels in contact with the wall. Let your head touch the ab mat or floor gently (with your head in a neutral position). Breathe out and press back up to the start, straightening your arms and tensing your core. If you can't do it strict, try it with a slight kip.

CAUGHT ON CAMERA!

Pick your spot, bang out 10 reps within 60sec, then post your video with the hashtag #MHPTchallenge

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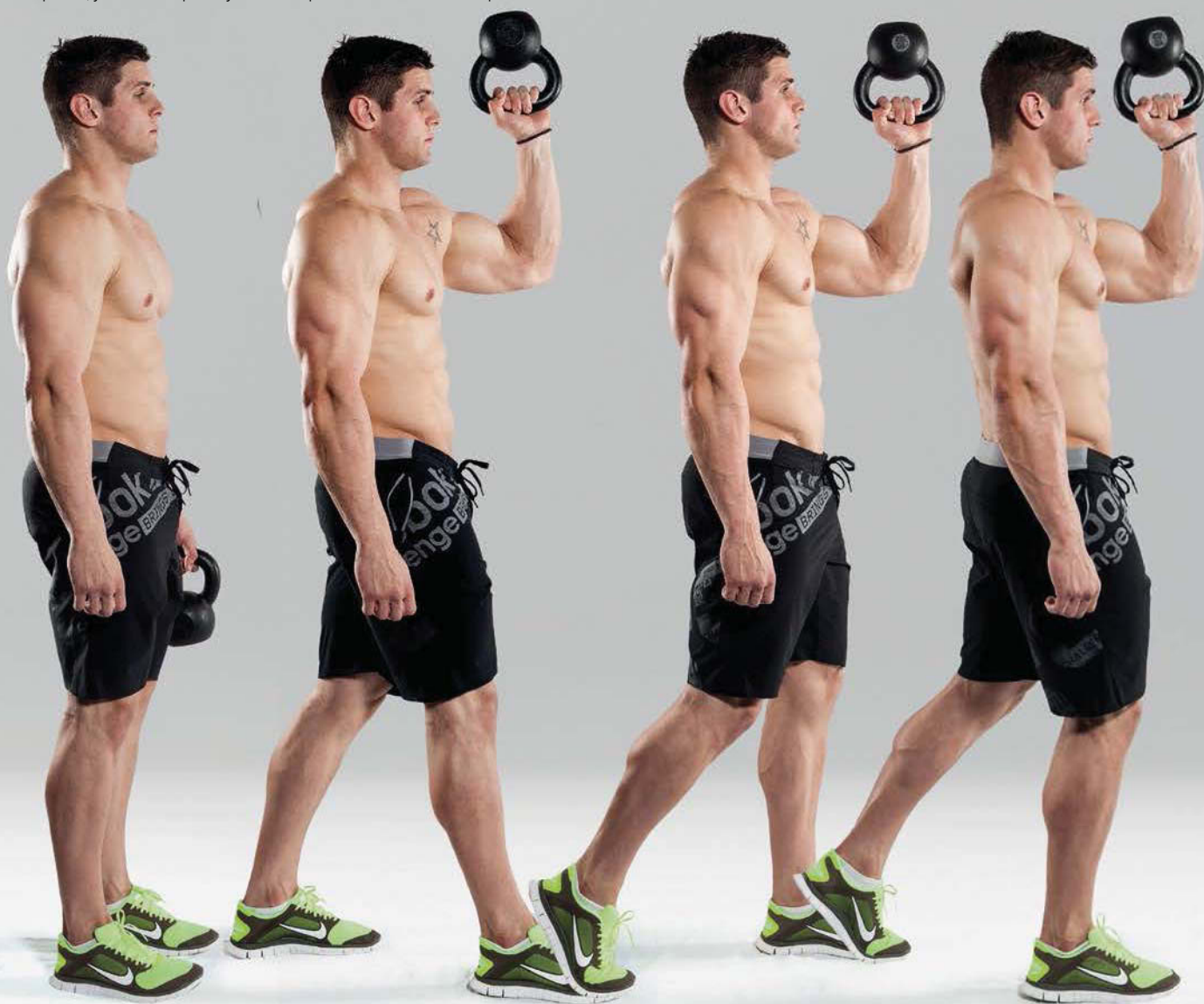
STRONGMAN-STYLE LOADED CARRIES ARE BACK IN TRAINING FASHION – WITH GOOD reason. “They work your core, hips and grip strength, not to mention the conditioning component,” says strength coach Tony Gentilcore. “And they can be done anywhere.” The killer app of this kettlebell version is that it prevents any unwanted movement in your midsection, building stability, which in turn helps you generate more force and perform better in the gym and on the pitch. But it'll also help make your obliques pop, strengthen your rotator cuff and increase your scapula stability. In plain English: while working diligently on your functional power, you'll also improve your bench press and abs. Bottoms up.

> **MUSCLES**

**CORE, CHEST,
SHOULDERS**

> **BENEFITS**

**STABLE SHOULDERS
THICKER WRISTS
IRON CORE**



01 / TOOL UP

Hold a kettlebell bottom side-up, wrist neutral, your elbow at your side. It's a carry, not a wave.

02 / SQUEEZE

Grip the handle hard: squeezing it "packs" your shoulder for stability. Meaning no awkward stumbles.

03 / STROLL

Keeping the weight – and your torso – steady, walk 25 to 30m. Then switch hands and walk back.

04 / REPEAT

Do 2 to 3 sets, twice a week. Too easy? Hold your arm out in front. Or just walk further.

MY GOALS:

MORE MUSCLE, MORE STRENGTH, MORE RIPPED.

Ryan Terry

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INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE WHEN COMBINED WITH A BALANCED, LEAN MUSCLE GAIN EATING AND TRAINING PLAN.



NO (MAN) FLU FOR YOU

The paranoid man's plan for making it through winter without so much as a cough, snuffle or gesundheit

WE'RE GOING TO GO OUT ON A LIMB HERE AND PREDICT that the zombie apocalypse will not happen in 2015. This doesn't mean, however, that hordes of shambling strangers can't infect you and make you feel like the walking dead. After all, this is the cold and flu season. Or rather, it's the cold, flu, strep, bronchitis and pneumonia season. Your concern is hacking coughs, not hacking limbs. And instead of an axe and flamethrower, your defensive weapons should be the stay-well strategies on the following pages. And if you still end up getting sick? Come on, it's not the end of the world.



JX.
SNEAKERS

FROM **99⁹⁵**
EACH

SNEAK OUT

WITH THE WIDEST RANGE OF MEN'S SNEAKERS

■ Edgars



1/ Take Your Fight-Amins

Your vitamin D levels may run on E in winter. That matters: D can spur your body to fight off colds. In fact, taking 10 000 IU of vitamin D3 a week may cut your risk of upper respiratory infection in half, say Canadian researchers.

2/ Stop Touching Yourself

Unless sterile surgical gloves are part of your winter wardrobe, keep your mitts off your mug. People who occasionally touch their eyes and nose are 41% more likely to develop frequent upper respiratory infections than hands-off folks, a 2013 study in the *Journal of Occupational Health* found. (And if you think hand sanitiser is the answer, we refer you to #17.)

3/ Say Hello to Yoghurt

Cold and flu viruses might have an Achilles' heel: Greek yoghurt. In a study published in *Clinical Nutrition*, people who consumed a specific strain of probiotics daily reduced their risk of catching one of these bugs by 2%. Aim to eat at least one serving a day of a Greek yoghurt with live cultures, suggests Dr Spencer Payne, an associate professor of rhinology at the University of Virginia School of Medicine.

4/ Refill Your Meditation

We'd like you to contemplate perfect health. Researchers from the University of Wisconsin at Madison found that people who meditated took 76% fewer sick days than those who were not so zen. Meditating trains you to stay focused and calm, which helps alleviate stress that can leave you vulnerable to infection. To get started, try the brief mindfulness sessions available for free at marc.ucla.edu

5/ Nail Your Tea Shot

Skip the black coffee and brew some green tea. Its magic ingredient, a catechin called epigallocatechin gallate (EGCG), can damage influenza virus particles and stop them from entering your system, a German study reveals.

The scientists believe this kick-ass catechin may also interfere with pneumonia-causing bacteria. Knock back as much green tea as you want, or take a daily EGCG supplement, say study authors Dr Joerg Steinmann and Professor Eike Steinmann. Try Lipton Clear Green Tea (R18.90, Pick n Pay).

6/ Train on Time

Hit the gym before your jab. When you exercise prior to receiving a flu shot, the post-exercise inflammation boosts your body's immune response to the virus in the vaccine, according to a study review in *Brain, Behavior and Immunity*. That translates to more powerful infection protection. How much sweat is enough? A British study found that people who performed 25 minutes of lifts targeting their biceps and deltoids were able to increase their immune response.

7/ Start Nasal Manoeuvres

Freezing your butt off? Worry more about your nose. The cilia in your nasal and sinus cavities sweep away illness-causing pathogens, but the rate at which the cilia move is affected by temperature, says Dr James Palmer, director of the division of rhinology at the University of Pennsylvania. "When cilia warm up, they beat a little faster, and when it's cold they beat more slowly. So spending a lot of time in the cold may make it easier for you to get sick." That is, unless you breathe through a scarf.

8/ Boil Over

Viruses that cause foodborne illnesses tend to loiter on produce. So to further slash your chance of sickness, try blanching your greens – kale, spinach and chard, for example – in boiling water for

two to three minutes. Then dunk them into ice water to stop the cooking. (Blanching can give your greens a different kind of flavour.) Heating to 100° greatly reduces norovirus in spinach, a study in the *Journal of Food Protection* reports.

9/ Break Your Dry Spell

It isn't enough just to keep your nose cozy (#8) – there's a moisture mandate too. If your nasal passages are dried out, their natural antimicrobial properties will suffer, says Payne. "Try to keep the humidity level in your home between 30 and 50%." When you're at work, spritz your schnoz three or four times a day with a spray like Sinutab Saline Nasal Spray (R45, Clicks).

10/ Sweat Out a Cold

Moderate exercise is nothing to sneeze at. In fact, it can slash your risk of catching a cold by 27%, Korean researchers report. Working out switches on your

immune response, possibly by sending a cascade of "natural killer cells" to hunt the rhinovirus. Already ill? Keep exercising, Schaffner advises. "Exercise stimulates the production of epinephrine, which constricts blood vessels in and around your mucous membranes and can relieve nasal discomfort."

11/ Teach Yourself to Fish

Note that we said "moderate" exercise in #12: strenuous workouts can leave you vulnerable to infection. But if you want to keep up the intensity, at least fill your plate with fish. A 2012 study in *Brain, Behavior and Immunity* found that increasing your omega-3 intake can spur postexercise production of infection-fighting cells, which can help protect against certain infections. Tired of tuna melts? Top your pizza with anchovies.

12/ Say "Hum Bug!"

Humming may annoy other



13/ Refuse the Booze

UMass Medical School research suggests that binge-drinking sessions trigger a flood of cytokines, proteins that can induce fever and increase inflammation. And any more than five drinks in two hours is a binge...





people a bit, but it really annoys germs. "Humming has been shown to increase nitric oxide in the nose, which is antimicrobial," says Payne. Try this technique from an Indian study: take a deep breath, close one nostril and exhale out the other nostril as you hum. Repeat on the other side. Do this five times. Allergy sufferers who tried it after using a steroid nasal spray twice a day for three months felt about half as congested as those who only used a spray, the study reports.

14/ Arrest a Hacker

Menthol always gets the cough-quelling props, but where's the love for eucalyptus? A study in the aptly named journal *Cough* reports that cineole, a compound found in eucalyptus, can help ease your cough symptoms, possibly by reducing inflammation and helping the bronchi in your lungs expand, increasing airflow as a result. When people suffering from acute bronchitis took 200 milligrams of cineole before each meal, their symptoms improved 22% more than a placebo group's did. Try Linctagon Throat Lozenges, which contain 8.3mg Eucalyptus oil (R42, Clicks).

15/ Steep Gingerly

Swallow some ginger for what ails you. Researchers in Taiwan

have discovered that fresh ginger can inhibit respiratory syncytial virus from attaching to cells and may even reduce its ability to replicate. So what in the world is respiratory syncytial virus? Just a bug that in severe cases can lead to bronchiolitis or pneumonia. Grate some ginger in hot water for a spicy tea, or add it to your next stir-fry with vegetables and garlic.

16/ Wash Your Hands of It

It takes a good scrub with soap and water to actually rub a virus off your skin, Payne says. That means 20 seconds at the sink and a thorough drying: wet hands are more likely to spread germs than dry ones, notes the CDC.

17/ Go to the Mat

Pretzels for immunity? Scientists in Japan speculate that twisting yourself into yoga stretches may help boost your immune defenses, which in turn can better prepare you to fight illnesses like pneumonia, colds and the flu. The combo of relaxation and physical activity triggers an increase in saliva levels of beta-defensin 2, an antimicrobial peptide that breaks down invading microbes. Just one 90-minute yoga session doubles beta-defensin 2.



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* The competition closes on 31st of May 2015

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Live a sexier life



18/ Order a Shot

"The number one thing you can do to prevent the flu is get vaccinated," says Dr Bill Schaffner, a professor of preventive medicine at Vanderbilt University. Even if another strain infects you, the shot may reduce symptoms.

19/ Carry a Loaded Gum

Freshen your breath and stop bugs in their tracks. Past research shows that xylitol, a sweetener in some chewing gums, can prevent *Streptococcus pneumoniae* from establishing a stronghold in your body. And now a review from Turkey concludes that xylitol can reduce your risk of ear and sinus infections. Try Nature's Choice Xylitol (R30, Dis-Chem).

20/ Cover Your Wiener

Sauerkraut may provide sweet relief. Researchers in Italy report that *Lactobacillus plantarum*, a type of probiotic found in such fermented foods as kraut and kimchi, may reduce the potency

of a certain kind of strep bacteria. The *L. plantarum* triggers a protein that helps control inflammation while simultaneously slowing bacterial growth. Give your sandwiches and hot dogs a kick by layering on KOO Sauerkraut (R18, Pick n Pay).

21/ Hibernate for Health

A shuteye deficit can be a nightmare for your immune system: according to a 2013 study conducted in Finland, a single workweek of less than four hours of sleep a night can alter the way your genes function, changing pathways that switch on your immune response and potentially increasing inflammation. For a better night's rest,

consider changing up your bedroom lighting with a bulb that can help you reach dreamland faster.

22/ Breathe Easier

Not a smoker? Good. Now don't hang around with anyone who is. Scientists in India report that when people breathe in even a small amount of smoke, their nasal cilia need more than double the time to clear particles, compared with people who haven't been exposed to secondhand smoke – which can increase vulnerability to respiratory infections.

23/ Embrace Your Honey

That green tea we recommended (#5)? Here's your sweetener. A study in the journal *Microbiology* found that when colonies of *Streptococcus pyogenes* – the strep throat bug – were treated with manuka honey, the bacteria count fell by up to 85%. And a 2014 study from Pakistan found that the sticky stuff may

also inhibit forms of staph, pneumonia and salmonella.

24/ Heat Smart

Does green tea make you gag? Think ginger (#16) is genuinely disgusting? We don't care what you brew, as long as you down something hot. People who drank a piping hot (74°C) beverage felt rapid improvement in more of their cold and flu symptoms than those who downed fluids at room temperature, according to a study published in the journal *Rhinology*.

25/ Boost Your Herb Appeal

Adding rosemary to a dish means you're also sprinkling in an antiviral ingredient: carnosic acid. This compound helps shield your body from respiratory syncytial virus (see #16) by interfering with its ability to infect its ability to infect a host and replicate, a Korean study found. Shake the herb over roast chicken.

MH

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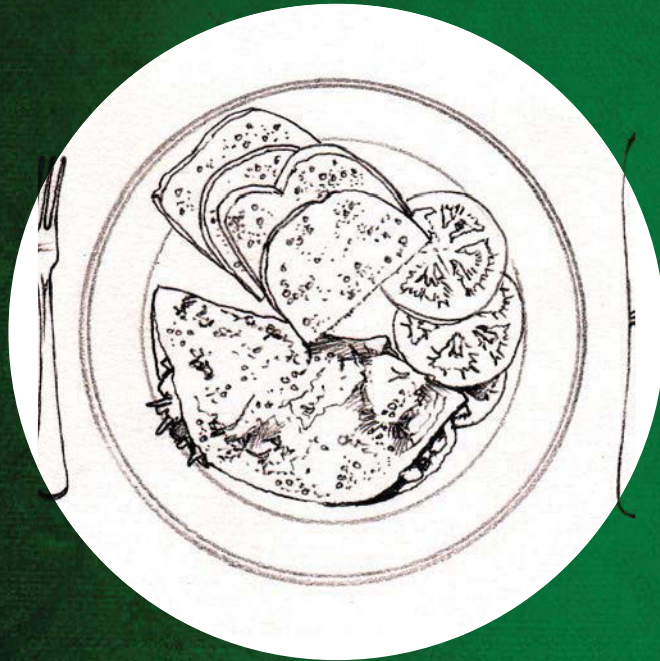
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NO TO MORE THAN THREE STEPS



Cook The Perfect Omelette

Omelettes are the best kind of breakfast, and they can even stand in for a quick lunch or supper fix too. They're packed with protein, they're quick and easy to make, and lastly, the ingredients are cheap too. Start with these three steps.



1 Step One

Collect and prepare. Start with three large eggs, a pat of butter, some grated cheese, and some salt and pepper. If you're serving more than one, add an egg for every person. If you are going to have ingredients like bacon, make sure you precook them. Crack the eggs into a mixing bowl with a pinch of salt and pepper, and whisk properly.

2 Step Two

Cook and add cheese. Add butter to the pan. When it's bubbling, add the egg mix and spread it evenly. For the first 20 to 30 seconds, use a spatula to scoop the mixture in from the ends to the centre. When the omelette starts to firm up (but is still a little uncooked on top) add the grated cheddar and precooked ingredients.

3 Step Three

Flip and serve. Gently lift one edge of the omelette with your spatula, and fold over, so that the edges line up. Cook for another minute, but don't let it turn dark brown – you want a golden colour. You can then flip it over again to cook the top for 30 seconds. Slide it off the pan and onto a plate. Season to taste with salt and pepper.

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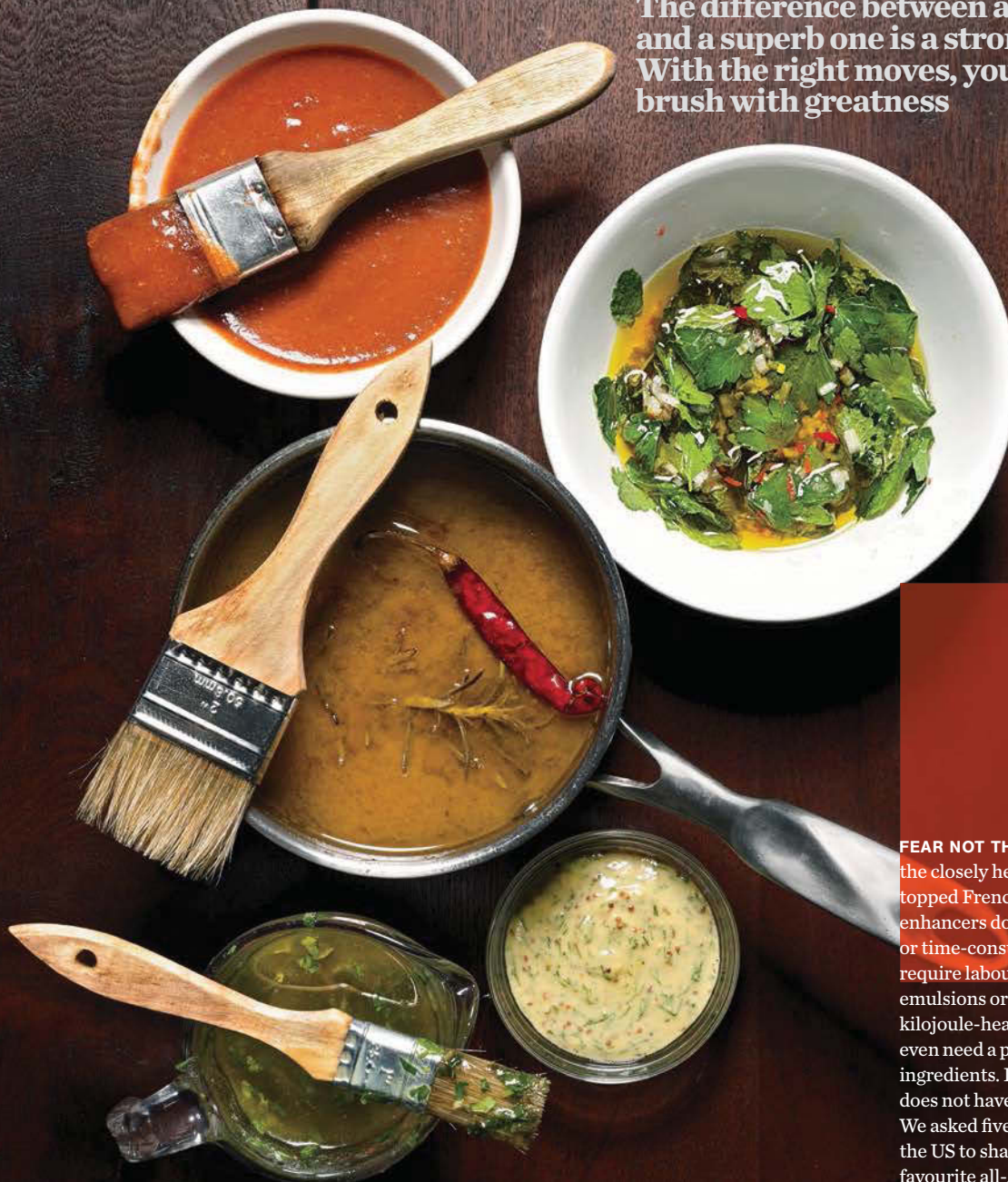
PHOTOGRAPHS
CHARLES MASTERS

BY
REBECCA FLINT MARX

Food

THE EASY WAY TO ELEVATE EVERY MEAL

The difference between a good meal and a superb one is a strong finish. With the right moves, you too can brush with greatness



FEAR NOT THE SAUCE. CONTRARY TO the closely held conviction of toque-topped French chefs, these flavour enhancers don't have to be complicated or time-consuming. Sauces also don't require labour-intensive stocks, fussy emulsions or copious quantities of kilojoule-heavy cream. In fact, you don't even need a pantry stocked with obscure ingredients. In short, a delicious sauce does not have to be a pain in your butt. We asked five celebrated chefs from the US to share the secrets of their favourite all-American simple sauces. Happily, they obliged. Follow their lead. Get saucy.

1

The Herb Sauce

Despite their modest appearance, fresh herbs can provide a sturdy backbone for sauces. Just make sure you use enough of them to stand up to hearty red meat and robust fish. April Bloomfield, a New York chef, showcases herbs in her chimichurri, an Argentine sauce made with parsley, olive oil, garlic, oregano and vinegar. Her version swaps oreganum for fresh mint and adds lemon juice.

CHIMICHURRI

Mince 2 medium shallots and 1 garlic clove and toss them together in a large bowl with $\frac{2}{3}$ cup extra-virgin olive oil. Finely chop 2 cups each of flat-leaf parsley and mint. Add the herbs to the olive oil mixture, along with 1 tsp seeded and minced habanero chilli. Stir, season with sea salt, and let the sauce sit so the flavours meld, a few minutes or up to 2 hours. Before serving, stir in 2 Tbsp freshly squeezed lemon juice. **Makes 1 cup**

2

The Tart Sauce

Think of pre-made condiments as sauce starters. This five-minute fusion from Minneapolis-based head chef Paul Berglund doctors up a duo of mustards with vinegar and dill for a result that's equally at home on sandwiches, wraps or gravlax. Apply the concept to other condiments: purée chipotle chillies into braai sauce, add wasabi powder (carefully) to mayo, or mix some curry powder into your tomato sauce.

MUSTARD DILL SAUCE

In a small bowl, mix $\frac{3}{4}$ cup grainy mustard, $\frac{1}{2}$ cup grapeseed oil, $\frac{1}{4}$ cup Dijon mustard, 1 Tbsp cider vinegar, 1 Tbsp sugar and $\frac{1}{3}$ cup finely chopped dill. **Makes 1½ cups**

3

The Buttery Sauce

Butter makes a beautiful sauce base because it's creamy and absorbs the flavours of other ingredients. But here's a secret: if you cook it to create a browned butter, you'll unlock roasted, sweet, caramel flavours within the butter itself. This sauce, from San Francisco-based chef Stuart Brioza, throws in fresh, Asian-inspired flavours to liven up the taste. Resist the urge to eat it straight off the spoon.

BROWN-BUTTER LIME FISH SAUCE

Place $\frac{1}{2}$ cup of unsalted butter into a medium sauté pan and turn the heat to medium. Keep stirring until the butter melts and then turns light brown, about 5 minutes. In a medium bowl, combine the browned butter, 1 Tbsp grated fresh ginger, $\frac{1}{2}$ Tbsp fish sauce, 2 Tbsp lime juice, 2 Tbsp orange juice and 1 Tbsp each of thinly sliced spring onions, chopped mint and chopped coriander leaves. Serve this sauce warm. **Makes 1 cup**

**SURE, YOU
COULD SLATHER
THE BOTTLED
STUFF OVER
YOUR T-BONE,
BUT IT WILL
ALWAYS TASTE,
WELL, FROM
THE BOTTLE**



4

The Smokin' Hot Sauce

What bottled hot sauces lack in freshness they often make up for in vinegar. That's fine if you want to turn dinner into a pickle, but for a hot sauce that won't overpower the meal, turn to real produce. This smoky-spicy sauce comes from Dallas-based chef Tim Byres. Byres leverages the acidity of husk tomatoes to balance the burn of cayenne pepper (he uses guajillo chillies). "You can marinate chicken in it or just use it as a dipping sauce," Byres says.

TEJANO RED SAUCE

In a dry pan over medium heat, toast 8 peppers until aromatic, 3 to 5 minutes. Let them cool, then remove the stems and seeds. Dehusk, rinse and quarter 450g husk tomatoes. In a large saucepan on medium-high heat, sauté 8 peeled garlic cloves in 2 tsp vegetable oil until golden brown, about 2 minutes. Add the tomatoes along with 2 cups water and 1¼ tsp salt. Turn the heat to high and cook until the tomatoes are tender, 3 to 5 minutes. Add the chillies and cook until soft, 5 to 10 minutes. Remove from heat and allow to cool. Purée the sauce in a blender or food processor, then strain it. **Makes 2 cups**

5

The Big, Bold Sauce

Brands like All Gold and Heinz make a mint by developing master sauces loaded with steak-flattering flavours. Sure, you could slather the bottled stuff over your T-bone, but – good as it is – it will always taste, well, from the bottle. So build your own bold stuff, says Chris Hastings, a restaurant owner from Alabama. Use half the batch to baste your protein, he says, and save the other half to spoon over your meal. It's that good. **MH**

DAD'S SPECIAL ALL-PURPOSE SAUCE

In a medium saucepan placed over medium-low heat, melt ½ cup of unsalted butter. Adjust the heat to low and then stir in ½ cup Worcestershire sauce, ½ cup lemon juice, 4 smashed and peeled garlic cloves, 1 dried cayenne pepper, 2 tsp kosher salt, 1 sprig rosemary and 3 sprigs thyme. **Makes 1½ cups**

FINISH YOUR FOOD!

You can pair these sauces with any meal, really, but here's what the chefs say



	CHIMI-CHURRI	MUSTARD DILL SAUCE	BROWN-BUTTER LIME FISH SAUCE	TEJANO RED SAUCE	DAD'S SPECIAL ALL-PURPOSE SAUCE
CHICKEN		●		●	
GAME					●
LAMB	●				
BEEF	●				●
SALMON		●	●		●
MACKEREL			●		●
WHITE FISH	●		●		
SHELLFISH			●	●	
POTATOES		●			
VEGETABLES				●	





MALE- PATTERN BOLDNESS

Don't enter winter with a whimper. Earn major fashion points by embracing our daring three-step style plan

JUST BECAUSE THE TEMPERATURE'S dropping, doesn't mean your sense of style should go cold too. You'll be spending the next few months wrapped in layers, so switch up your outerwear with options that speak volumes. Go for textured fabrics, playful prints and bold colours that are in sync with this season's favourites. Not sure where to start? Let our helpful guide show you the way.

1

Break the Pattern

There's no fun in playing it safe. Ready to stand out? Start with a shirt in one of the pattern categories described below and pair it with a neutral bottom to tone things down. But if you feel like being more daring, you can also mix patterns if they're of different proportions; try two different patterns at a time. Large and small prints don't compete but complement each other.

► **FLORAL** We're not talking about those Hawaiian-style prints. Smaller, muted prints look much better and dark florals will keep your look smart enough for the office or a date.

► **POLKA DOTS** Navy-and-white should be your go-to colour combination when it comes to dots, as it works for any setting and ensemble. Wear your shirt with a grey suit to a wedding or dinner, or with a shawl-lapel jersey and jeans to a weekend chill session.

► **GEOMETRICS** Microgeometric patterns combine retro and modern style. You can don your shirt with jeans or chinos and still manage to look polished – no tie necessary. You can also have fun and add a matching jacket or blazer – choose one in a solid colour that's the same as one on the shirt.

The larger the pattern, the more a shirt pops. Bold? Go with the left or right. Conservative? Pick the middle.



FLORAL SHIRT R2 000 SCOTCH & SODA

POLKA-DOT SHIRT R300 SIGNATURE AT EDGARS

GEOMETRIC-PRINT SHIRT R3 000 CALVIN KLEIN

MAIN IMAGE

PAISLEY SHIRT R2 500 HACKETT LONDON

PATTERNED SHIRT R700 COUNTRY ROAD

POLKA-DOT SHIRT R950 BELLFIELD AT SPREE

2

The Right Stuff

When the cold kicks in, it's time to rethink with your layers, says Woolworths' brand manager Marcel Seaman. Seaman suggests adjusting the fabric weight and colours of your clothes. These pearls of winter wisdom will help you make the right choices.

► REBOOT!

Boots are ideal winter footwear. Whether they're Chelsea, chukka or lace-ups, there's a boot for every time, place, event and outfit. They'll look better (and feel more comfortable) when they're worn in, so take them for a walk as much as you can. Our pick of boots are great for the boardroom, you can also dress them down with jeans and a cable-knit jersey.

GET THE BLUES

Darker shades of denim are easy to match with prints and bold or deeper colours.

► SAVE THE WORLD IN STYLE

These jeans are made from a blend of African cotton and 12 recycled plastic bottles – so you'll be doing your part in saving the environment, while making the world a more stylish place too. "Look for a pair of jeans that tells a story," says Seaman. Make sure to get a pair that's pre-broken in as they're more comfortable to wear. They'll have whisker (the lines on the upper thigh) and honeycomb wear patterns (the lines and fading on the back of the knee).

ZIP-UP HOODIE R600 JX
EXCHANGE AT EDGARS

TWEED BLAZER

R1 500 TOPMAN

RECYCLED SLIM-FIT JEANS

R350 RE AT WOOLWORTHS

LEATHER BOOTS R1 700 ALDO

► NICE AND TWEEDY

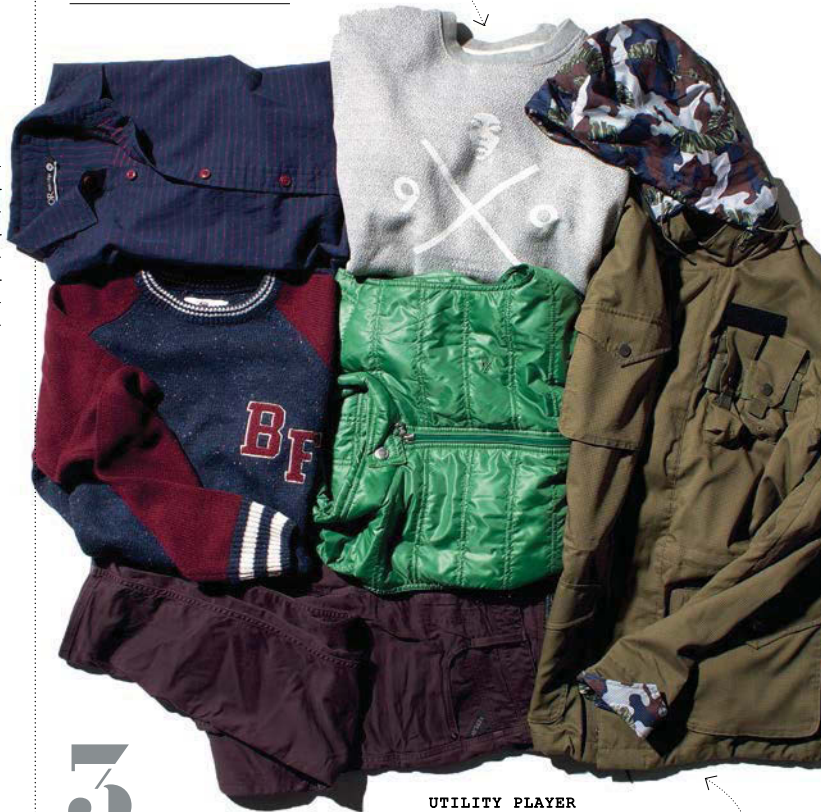
A tweed blazer is the ultimate winner for winter months – not only does it look good with jeans and a pair of boots, it'll keep you warmer than a regular blazer. As always, make sure the shoulder seams sit directly on top of your shoulders and that the sleeves end at your wrists.

THE POWER BLAZER

A herringbone pattern is subtle enough for work or play, and this one is sturdy enough to withstand the wind and rain.

FEEL IT UP

Unique textures can elevate neutral hues.



3

Be a force of nature

Take your cues from BBC Knowledge's *Planet Earth*: the most popular colour trends this year echo the natural hues of the great outdoors, says Leatrice Eisman, executive director at the Pantone Colour Institute. Wear these with deep colours like navy and burgundy. Use the colour wheels on the right to coordinate your clothing with the shades of the seasons.

UTILITY PLAYER

Green is a never-go-wrong shade for winter, and the pattern on the hood and cuffs gives this utility jacket an instant upgrade.

CLOCKWISE FROM TOP LEFT

PRINTED SHIRT R150 MR PRICE

CREW-NECK SWEATER R1 000 SUPREMEBEING

UTILITY JACKET R4 500 PUMA

ANBASS SLIM-FIT JEANS R3 300 REPLAY

TEXTURED KNIT R900 BELLFIELD AT SPREE

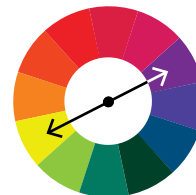
SLEEVELESS PUFFER JACKET R4 200

HACKETT LONDON



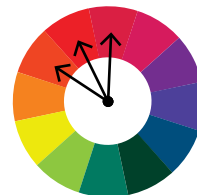
► MONOCHROMATIC

Similar versions of the same hue go together and they elongate your silhouette by creating and undisrupted sweep of colour. As a bonus, they're the easiest to combine.



► COMPLEMENTARY

Opposite colours attract because they enhance each other by creating contrast. For instance, yellow pops when it's paired with purple, which is why blondes look good in plum.



► ANALOGOUS

Think of these colours as close relatives... who actually get along with each other. One colour should dominate, while the other two should occupy smaller aspects of your outfit.

MH

STOCKISTS: ALDO 021 555 3594, CALVIN KLEIN 021 418 0727, COUNTRY ROAD 021 405 4300, EDGARS 0860 692 274, HACKETT LONDON 011 784 0342, MR PRICE 0860 692 274, PUMA 021 555 2145, REPLAY 021 418 8307, SCOTCH & SODA 011 784 3233, SPREE 087 740 1010, SUPREMEBEING 011 447 3770



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Men'sHealth Women'sHealth

BY
MIKE SHALLCROSS

Psyche



DON'T LET YOUR LIFE HANG BY A THREAD

Men are three times more likely than women to commit suicide. Ending the silence with a little empathy can go a long way

AS YOU MIGHT HAVE NOTICED

from the reaction to Robin Williams' death, everyone has an opinion on suicide. A consensus on tragic should suffice, but depending on who you're talking to it can be cowardly, heroic or selfish. A heavy smoker who's had a heart attack is a more sentient actor in his own destruction than a clinically depressed suicide, but is spared the moral labelling. And when did you hear of anyone succumbing after a cowardly battle with cancer?

Is it because we've all thought about it? We seem to feel qualified to judge, in a way that we don't when we're contemplating, say, hepatitis. Me too? Well since you ask... I was 22, miserable, jobless. I was living with my parents and an adored girlfriend had just dumped me for someone with more money.

I withdrew into myself and would burst into tears at the slightest trigger. One afternoon I stood on a railway platform (as apt a place as any to contemplate the abyss) and tensed up to jump.

All at once a train of thought hit me: what would my family think? The friend whose band I'd been helping in the studio? And what about the actual train driver? Then the voice of Woody Allen's existentialist anti-hero from *Love and Death* chimed in. Why would you kill yourself? The meaning of life could be in tomorrow's newspapers.

I stepped back from the edge, and within weeks I had acquired a sexy Spanish girlfriend and a place at journalism college. In your twenties, life can pick up again very quickly. How serious was I? I had dead heroes like Ian Curtis of Joy Division, who killed himself on the cusp of stardom,

and the Japanese writer Yukio Mishima, who botched the ritual of seppuku (a gruesome business even when it's done right) after a farcical attempt at a military coup. Suicide had a senseless, tasteless glamour, but it was easily dispelled when I looked it in the eye.

The same cannot be said of a sweet, funny and erudite university friend who, without warning, hanged himself; or Chris* who, suffering from depression and social anxiety, spent months researching sleeping pills before selecting one for his overdose. (His good fortune was to share a house with a group of medical students, who were quick to intervene.)

"What stopped me from trying again is how far from my expectations suicide was," he says. "There was no relief from the pain. My feeling was that I was just going to die; it was the most terrifying feeling in the world. I remember feeling my eyelids flicker and wondering whether I wouldn't

be able to open them again, wondering whether I had time to have a cigarette. But most of all I was feeling how much the pills were kicking the s**t out of me. It was inglorious – appalling."

These are the stories of men in their twenties. So is it a feeling we grow out of? Sadly not. The group most likely to kill themselves is men aged 40 to 44; out of their bedrooms, battling with the world as it is – often gamely, sometimes desperately and almost always silently.

"If I was going to come up with a stereotypical male suicide, I'd pick someone who's outgoing, with lots of friends and very bright. Someone who's there for everybody else," says Jane Powell, director of the UK's Campaign Against Living Miserably (CALM), a male suicide prevention charity. "The view of a suicidal man as being cloistered in his room is a pile of nonsense. Most guys who take their lives don't leave a

note; they're not in contact with any agency. Up until that point they've been trying to sort things out themselves and be in control. Then the only thing in their mind when they fail to get control is to leave. The impact that has on their friends is lifelong and profound."

Yet, ironically, around 70% of people who commit suicide show warning signs, says Fatima Seedat of the SA Federation for Mental Health. "Some of the warning signs are: talking or thinking about death often, clinical depression, the loss of interest in things one used to care about, putting affairs in order, a sudden change in behaviour, an unexpected switch from being very sad to being very calm or appearing to be happy, visiting or calling people to say goodbye, and giving away possessions."

It's easy to see how this relates to middle-aged men. Brought up to act as strong, silent providers, they can become caught in a world

SUICIDE IN NUMBERS

8th

Where South Africa ranks in global suicide rates. "Suicide is the third greatest cause of unnatural death in this country," says Fatima Seedat of the SA Federation for Mental Health.

230

The average number of South Africans a day who attempt suicide. Of those, 23 succeed.

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which challenges these certainties. (Compare this to women, who skillfully activate a supportive listening network when something goes awry.)

The problems of an older man are stickier than those of the young – divorces, separation from their kids – but they attract little sympathy. “It’s much easier to raise money for donkey sanctuaries or Victorian buildings,” says Powell. “Getting government grants to help suicidal

middle-aged men is akin to having a whip-around for estate agents.”

So could our health services do more? Arguably yes. Chris argues that GPs are too quick to dole out SSRI anti-depressants which are linked to suicides among young men. The danger isn’t hard to see: prescribe a drug which alleviates the torpor of depression without addressing its causes and you have a recipe for disastrous action. But he acknowledges that “men tend to visit their GP at the end of a

process in which the world’s attitude to depression has hardened them against treatment.” Women tend to seek help earlier, which is reflected in much lower suicide rates. So we have to look out for ourselves and others a little more.

Edwin Shneidman, a 50s pioneer of suicide prevention, saw its limitations. “As long as people, consciously or unconsciously can dissemble, suicide prevention cannot be 100% successful.” Technology can make progress in treating

disease, but no one has invented an MRI for the human soul. “I think it’s mates who help reduce suicides, not GPs,” says Powell. “We need to encourage guys to say it, to say that they’re there for their friends.” Try it. Park your pub talk about Bulls vs Crusaders and the various merits of the new barmaid to ask a friend how he *really* is.

And, while we’re on the subject, let’s have a moratorium on the phrase “man up” – there are too many men down already. **MH**

THE PROGNOSIS

WHILE THERE’S NO DEFINITIVE CHECKLIST OF SYMPTOMS FOR SUICIDE, THESE SIGNS CAN PROVIDE A CRITICAL EARLY WARNING

WHICH OF THE FOLLOWING IS AN INDICATOR FOR MALE SUICIDE RISK?

- ☒ Irritability
- ☒ Speeding
- ☒ Drinking

Men who are depressed don’t always recognise it, because they’re not necessarily sad,” says Powell. “They’re often just angry. Other classic signs are heavy drinking (i.e. self-medicating) and taking risks.”

MOST SUICIDE VICTIMS ARE LOW IN WHICH HORMONE?

- ☐ Adrenaline
- ☒ Serotonin
- ☐ Testosterone

Postmortems reveal low levels of this hormone. Depleted serotonin is linked with risk-taking and aggression. Stress, drug abuse and, interestingly, low cholesterol can lower levels of the hormone.

IS THE RISK OF SUICIDE GENETIC?

- ☒ Yes
- ☐ No
- ☐ Unknown

Identical twins separated at birth have been shown to be equally prone to suicide. Johns Hopkins University has recently identified a gene, SKA2, which is faulty in people at risk of suicide.

PHOTOGRAPH GETTY IMAGES



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XB EXPERT'S CHOICE

THE *MH* 2015 GROOMING AWARDS

YOUR NEEDS
EVOLVE AS THE
YEARS PASS.
GIVE US A
MINUTE, AND
GO GRAB
A MIRROR

HAIR THINS. FACES WRINKLE. FEET STINK. TEETH stain. These are harsh realities of life and a man should only try so hard to conceal them. Grooming isn't meant to stop the march of time or permanently hide your flaws. When done properly, it's a winning negotiation with your body. It's the delicate art of trimming, whitening, massaging and scrubbing to put your best foot (and face) forward. You, along with our panel of experts and editors, voted for the best grooming products – turn the page to find out how to look like a winner at all times.

WORKING WAYS

Briefcase? Check. Ballpoint pen? Check. Congratulations, you've got your office supplies covered. But just like your performance, they should go above and beyond expectations. Here are the best grooming essentials for the office that'll work just as hard as you do.



START STRONG

5 WAYS TO LOOK
YOUR BEST

One Direction

"When you have some scruff, run your finger vertically down your face," says Michael Gilman, founder of The Grooming Lounge in the US. Always shave in the direction your hair naturally grows.

Au Naturel

Look for products with naturally soothing, moisturising ingredients like aloe or chamomile. According to Gilman, ones that contain alcohol can weaken your hair, irritate your scalp and dry out your skin.

Slicker than Your Average

If you have straight hair, a few centimetres long, use wax to slick it back and ask your barber where to part it, suggests Tanielle Cupido, stylist at Blue Lemon Hair in Cape Town.

Be an Early Adopter

Two-thirds of men experience some hair loss by age 35. "Incorporate Regaine, or any other hair growth treatment you can find, into your routine before anyone notices," says Dr Doris Day, a US dermatologist.

Layer It On

Apply thinner skin products first, says Dr Josh Zeichner, assistant professor of dermatology at Mount Sinai Medical Centre in New York. A serum is more effective when followed by a thicker product.

OFFICE TACTICS

ADD THESE PRODUCTS TO YOUR MORNING TO-DO LIST

THE BODY SHOP

MACA ROOT SHAVE CREAM

Shave creams should apply easily and not wash away before your razor finishes the job. The lather in this cream is rich and will give you a comfortable shave.

R135 *The Body Shop*

THE BLUEBEARDS REVENGE

SHAVING SOLUTION ^{EC}

A super slick, paraben-free beard busting formula that ensures that even the toughest of stubble is no problem.

R298 *Barnet Fair*

CLARINSMEN AFTERSHAVE

SOOTHER

This aftershave contains purslane, centella and blue alpine thistle to soothe redness, irritations and razor burn after you shave.

R296 *Stuttafords*

THE PHILIPS STYLEHAVER

QS6140 ^{EC}

It comes with a double-headed design that makes it easy to trim facial hair with one side of the trimmer and shave the rest off with the other side.

R800 *DionWired*



GUCCI MADE TO MEASURE EDT 50ml



This spicy fragrance is tailor-made for the image-conscious man. It has floral splashes of Tunisian orange flower and French lavender, along with cinnamon and nutmeg, patchouli and leather base notes.

R850 *Edgars*

EUCERIN MEN INTENSE ANTI-AGE REVITALISING CARE



This powerful anti-ageing balm will keep premature wrinkles away and works to reactivate your skin's natural regeneration process, giving you moisturised and hydrated skin all day long.

R200 *Dis-Chem*

DAVINES NATURALTECH ENERGIZING GEL ^{EC}



Hair thinning? This gel will come to your rescue by slowing down the hair-loss process by stimulating the metabolism, giving strength and body to fine hair. It'll give you more volume and create a styled effect.

R290 *Davines*

SHISEIDO MEN CLEANSING FOAM 125ML ^{EC}



Great for everyday use, this foamy cleanser won't leave your skin dry after it removes dirt and excess oil – keeping you fresh is the name of the game here.

R380 *Stuttafords*

BRAUN ORAL-B TRIZ ONE 500 ELECTRICAL TOOTHBRUSH



Sure you're fast, but there's no way your arms can compete: this electric toothbrush has triple-action deep cleaning technology, giving you 20 000 pulsations per minute.

R670 *Clicks*

SCHWARZKOPF PROFESSIONAL 3D MEN DEEP CLEANSING SHAMPOO



Wash away any oil and dirt build-up in your hair with this deep cleanser. It's fine for most scalps, from normal to greasy, plus it has sclera protein that rebuilds broken-down hair structure.

R160 *Retailbox*

AT THE GYM

WORKOUT ESSENTIALS

Let's break it down – you go to gym to improve three things: your health, mood and muscles. But even when you leave the gym with your perfect abs, you still need to do some cleaning up. That's why we've compiled the best products to throw in your gym bag – now you don't have to worry about scaring people away with your post-exercise BO.



STEP IT UP

GROOMING AND SKINCARE INTEL

Kick-Start Your Cells

"Glycolic acid will buff your skin and improve its tone," Dr Beer says. A glycolic acid cleanser or peel will also clear your skin of dead cells by speeding cell turnover, say researchers.

Protect Your Ivories

Coffee, citrus juice and sports drinks erode tooth enamel and leave stains, says Dr Debra Glassman, a New York dentist. Rinse with water to fight the acid's side effects.

Drop the Soap

The moisture-depleting sodium hydroxide in soaps is lacking in cleansers, which give your skin the hydrating oils it needs. Look for products labelled "cleanser" whenever you need to lather up.

The Mane Idea

Switch to shampoos with keratin proteins – they make your hair stronger. Or if you're thinning up there, try a low buzz cut to give the illusion of thickness, says Craig Whitely of themensroom.com

Soften Up

A lightweight antimicrobial cream helps clear breakouts without over-drying the skin, says Dr Dilshaad Asmal, a dermatologist in Cape Town. "Instead, wash gently using a product with salicylic acid."

IN THE BAG

POST-WORKOUT ESSENTIALS

NIVEA MEN BODY LOTION COOL KICK

Your body lotion should put in as much work as you do. This one tackles dry skin and has a cooling effect so you won't spontaneously combust after a workout. **R36 Clicks**

KIEHL'S CROSS-TERRAIN UV SKIN PROTECTOR SPF 50

High in UVA and UVB protection with sweat-proof formulations, it's perfect for the most extreme of outdoor sports.

R445 Kiehl's Edgars

JACK BLACK DRAGON ICE RELIEF & RECOVERY BALM

This balm has menthol to relieve tension and ease muscle and joint pain – use before you exercise to enhance performance or afterwards to speed recovery.

R290 Metro Cosmetics

ADIDAS 3-IN-1 AFTER SPORT SHOWER GEL

Kill three birds with one stone with this shower gel that works over-time: it's a facewash, bodywash and shampoo. **R27 Clicks**



LACOSTE LIVE POUR HOMME EDT



If you're looking for a great post-workout scent, this is it. It's a cocktail of refreshing lime blended with liquorice and saffron. **R920 Stuttafords**

VASELINE MENFACE OIL CONTROL MOITURISER



If oily skin and an uneven complexion are major problems, consider this your saving grace. It has a vanishing cream texture that moisturises the skin without aggravating oil production. **R54 Clicks**

DERMALOGICA BREAKOUT CONTROL



This highly effective, lightweight cream helps control acne and prevents future breakouts. Use it to bust a new pimple or as a daily face cream. **R620 Dermalogica**

MITCHUM ADVANCE 48-HOUR PROTECTION ANTIPERSPIRANT



This is a roll-on for the ages – it provides maximum pit protection for up to two days (in case you end up stranded in the middle of nowhere) and won't leave white or yellow marks on your shirts. **R53 Clicks**

ORAL B PRO-EXPERT ALL-AROUND PROTECTION TOOTH PASTE



Something to smile about: this antibacterial toothpaste is recommended by dentists. If you're concerned about it not working, its active clean crystals mean you can actually feel it doing its job. **R35 Clicks**

SCHICK HYDRO 5 RAZOR



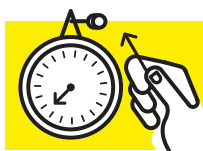
This razor gets its name from its hydrating gel reservoir that reduces friction as you shave. It's ergonomically designed to be easy to handle – prepare for the best shaving experience ever. **R68 Clicks**

AFTER HOURS



INTO THE NIGHT

Sure, you have a hectic social life and not enough time to touch up your look, but don't worry. Luckily, we know of ways to keep your grooming top notch even when your only concern is the next dinner party. Late nights out, soirées and one drink too many might make life worth living but they can also be bad news for skin – alcohol can leave it looking dry and pasty while a lack of sleep can lead to eye bags and dark circles, according to Cape Town dermatologist Dr Dagmar Whitaker. There's help for your hungover mug.



GROOM SMART

YOUR 5-STEP NIGHT OUT PLAN

Watch Your Timing

Be wary of the time you apply your face serum. "Retinol breaks down in sunlight, so apply it before bed," says Day. Vitamins A and E boost SPF protection in the am and help with skin repair at night.

Do an About-Face

Your skin is thinnest around your eyes, so don't rub too hard when cleansing if you want to prevent wrinkles, according to Day. Wash the skin gently with your fingers and pat it down with a towel to dry.

Cut Down on the Shampoo

Daily shampooing robs your hair of moisture. Lather up no more than three days a week to give natural oils time to replenish, says Tanille. Just rinse on the other days.

Put It In Reverse

Hair is usually thicker on the back of your scalp than the front, so you'll want to add product at the rear first. Fine follicles tend to clump together with excess gel or paste, revealing the scalp underneath.

Banish Dandruff

Look for a conditioner with jojoba oil, which has compounds identical to the oils your hair produces. Pair it with a shampoo that contains zinc pyrithione, an anti-fungal agent, that'll prevent any new flakes.

TOP SCENTS

FROM DUSK TO DAWN

DUNHILL LONDON DESIRE BLACK EDT 100ml

This British fragrance has a kick of intensity thanks to rich saffron and cypress oils, blended with luxurious Turkish rose.

R995 Red Square

TOM FORD NOIR EDP 100ml ^{EC}

No fragrance captures the Tom Ford man like this one: refined, sophisticated with a hint of a wild streak. **R1225 Edgars**

AZZARO POUR HOMME 100ml

Spicy and sharp-edged, and accented with cedar, musk and leather, this is perfect for a night on the town. **R840 Spree**

CAROLINE HERRERA 212 VIP MEN EDT 50ml ^{EC}

An explosive cocktail of vodka with frozen mint, lime caviar and vibrant spices. Socialites, this one's for you. **R765 Spree**

BVLGARI MAN IN BLACK EDP (Readers' Choice)

Amber, leather and honeyed spice blend into a sensuous, supremely masculine fragrance.

R1 330 Edgars



L'ORÉAL MEN EXPERT HYDRA ENERGETIC RECHARGING MOISTURISER



This non-sticky gel moisturiser is infused with taurine and vitamin C that will give your hungover mug a boost. But if you still prefer a cold shower, that's fine by us. **R125 Clicks**

CLINIQUE FOR MEN MOISTURISING LOTION



This fast-absorbing lotion gives your skin oil-free hydration and improves the overall condition of skin. It also soothes shaving irritation, leaving your face smooth and comfortable. **R365 Edgars**

REDKEN FOR MEN TEXTURE PUTTY OUTPLAY



The crunch free formula contains mineral salts for immediate grab and texture with a strong and flexible hold. **R340 Everything Hair**

BONIFIDE BEARDS ALL NATURAL BEARD OIL ^{EC}



Tired of your dry scraggly beard? Moisturise and condition both your skin and beard and deeply penetrate hair follicles and get your bushy face ready for some winter loving. **R180 House of Machines**

RALPH LAUREN POLO RED 100ml



The bold saffron, grapefruit and coffee berry notes in this fiery fragrance are sure to spice up your next date night. It's long lasting so you can woo her the morning after too. **R995 Stuttafords**

MATIS EYE RIVING GEL ^{EC}



Never worry about looking a hungover mess again – the anti-age perfecting gel resolves dark circles and puffiness after a big night out. Another plus is that it contains no synthetic fragrances. **R510 Twincare**

GROOMING TO GO

Going away on leave – with limited packing space – is no excuse for slacking on your grooming routine and leaving products behind. There are some hard-working products out there that are perfect for away-from-home use, so you'll look, feel and smell great, no matter where you end up. Pack these essentials and your grooming won't go AWOL.



ON THE MOVE
GOOP TO GO

The Exfoliation Files

Decades of dead skin (yeah, gross) can gum up the works in your shaver, leaving skin looking uneven. Exfoliation will be your saviour – if you stick with it.

Fight Ageing

As fat cells on your face shrink, skin thins and you might end up with patches of uneven skin tone. A University of Michigan study found that applying vitamin A helps retain moisture and boosts collagen.

Find the Right SPF

UV light is the biggest factor in premature ageing, accelerating the loss of elasticity and the appearance of fine lines. "Make sure you use sunblock with a high SPF factor," says Whitaker.

Unkink Those Ingrown Hairs

They're irritating, we know. A buffer, Csizmadia says, can bring hair to the surface. "It breaks that follicle and brings the hair out, making it easier to remove the next time you shave."

Dopp Kit

Breeze through airport security with travel-friendly products. Cram your toiletry bag with the right essentials and your grooming won't have to suffer. Camping? Pack sunscreen. Business trip? Pack a razor.

PACK LIGHT

PRODUCTS THAT MULTITASK AS MUCH AS YOU DO

LAB SERIES SKINCARE FOR MEN PRO LS FACE TREATMENT

With the benefits of a moisturiser and an antiageing cream, this also makes an ideal aftershave.

R310 *Edgars*

L'ORÉAL MEN EXPERT HYDRA ENERGETIC BLACK CHARCOAL WASH

Yes, the stuff you throw away after a braai is a purifying agent that removes impurities and evens out your complexion. **R90** *Clicks*

DERMALOGICA DYNAMIC SKIN RECOVERY SPF 50

With an SPF 50, this moisturiser will protect you from the glare without the heaviness of most sunscreens. **R990** *Dermalogica*

DOVE MEN CARE EXTRA FRESH BODY AND FACEBAR

Its built-in moisturiser makes this straightforward soap less drying than other bars. **R11** *Pick n Pay*

KIEHL'S BLUE ASTRINGENT HERBAL LOTION

Your rescue remedy for problematic skin – just splash on your face or neck area after shaving.

R265 *Kiehl's at Edgars*



STOCKISTS

BARNET FAIR 021 938 1943
CLICKS 0860 254 257
DAVINES 011 791 3385
DERMALOGICA 021 465 5662
DIONWIRED 0866 747 714
DIS-CHEM 086 0347 243
EDGARS 0860 692 274
EVERYTHING HAIR 0861 007 651
HOUSE OF MACHINES 021 426 1400
METROPOLITAN COSMETICS 011 325 4008
RED SQUARE 0860 692 274
RETAIL BOX 021 914 0750
SPREE 087 740 1010
STUTTAFORDS 011 879 1000
THE BODY SHOP 0860 254 257
TWINCARE 011 305 1600

NIVEA SUN PROTECT & REFRESH INVISIBLE COOLING MIST



A must-bring on any tropical getaway. It has a nice cooling effect that'll keep you refreshed and your abs glistening. Whitaker suggests you apply it every two hours – it also has SPF. **R130** *Dis-Chem*

GILLETTE FUSION PROGLIDE CLEAR SHAVE GEL



This clear, non-foaming shave gel means you can see where to shave and accurately edge your facial hair. Now you, too, can have self-made killer sideburns. **R65** *Dis-Chem*

SAFEBAY 8-IN-1 TOTAL GROOMING SYSTEM



Grooming on a budget? This nifty battery-operated grooming system will come in handy. Use it to shape, trim and define your beard and moustache or create straight lines for your sideburns or neck. **R90** *Clicks*

AXE PEACE DEODORANT BODY SPRAY



This spray opens with notes of citrus and nutmeg and leaves off with cedarwood and amber. Perfect for after you workout or as an everyday spray. **R31** *Pick n Pay*

ARAMIS ADVENTURE EDT



A blend of sporty, freshness and sophistication, this fragrance has notes of patchouli, lavender and black pepper and comes in a light blue bottle, ideal for unleashing the traveller within. **R795** *Edgars*

HEAD & SHOULDERS 2-IN-1 SHAMPOO & CONDITIONER



This shampoo and conditioner combo has pyrithione zinc, a strong antifungal ingredient, so if you end up head-banging in a moshpit together, you won't have to worry about spreading a stench. **R50** *Clicks*



THE

BODY-WEIGHT

WARRIORS



THEIR STRENGTH IS FORGED ON THE STREET AND TESTED
IN COMPETITION. ARE YOU READY TO BE TRANSFORMED?

BY MICHAEL
JOSEPH GROSS

PHOTOGRAPHS BY
GIJS VAN DER MOS

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HANNIBAL LANHAM

reshaped himself, then reshaped the fitness world. For years, Lanham simply trained hard, banging out body-weight exercises – push-ups, pull-ups and dips – explosively in monster sets. And it would have stayed that way – one man doing his workouts in a city park – had it not been for a friend with a video camera. 📹 Lanham, 36, lives in New York; he does not have a passport. He muscled his way into the global consciousness from a playground in Queens. There, on the sunny morning of 22 June 2008, Lanham executed a sequence of extreme bar calisthenics while a friend filmed. Levers, human flags, muscle-ups and planche push-ups on parallel bars (with both feet elevated): Lanham made the impossible seem effortless. His naked torso looked like that of a comic book hero, with bevel-cut muscles rippling under his skin. His friend posted the video on YouTube, with a mythic title: “Hannibal for King.” Over 10 million views later, Lanham took an old-school form of exercise to a whole new place.



When Lanham was a boy, his father was sent to prison. “Maybe bank robbery, murder, I never really knew,” he says. His grandmother raised him and tried, through sheer force of hope, to save the kid from a similar fate. “You’re going to be a preacher,” she’d say. Instead, Lanham grew up to be a sometime bicycle mechanic and weed dealer. By the time of “Hannibal for King,” he was 29, an unmarried father living in a homeless shelter. “I did a lot of working out; just doing my best to stay afloat,” he says.

Nothing in the video shows these details of Lanham’s life. During his

workout, he speaks barely a word, so anyone who watches “Hannibal for King” sees not so much a specific person in a specific place but an idea about strength. It’s the idea that a man needs only a bar to so fully realise his body’s potential that he becomes magnificent.

Six years later, that video has been recut and reposted so many times, and Lanham has made so many other exercise videos, that it’s impossible to say how many tens of millions have watched his workouts. What is certain is that simply by exercising that day, Lanham changed lives around the world.

◀◀ **PLAYGROUND KING**
[Previous page] Hannibal Lanham defies gravity on a dip bar in a New York park.

▲ **HANGING OUT**
[Clockwise from left] Ronni Coronado does a side flag, Jose Jimenez a handstand, John Thym a V-sit, Nigel Deleon and Jonathan Caceres handstands, Moises Contreras a front lever, Elvis Inoa a back lever and Ricardo Irizarry a pull-up with legs extended.

BUILD STREET STRENGTH

SOLOMON GOLD, BARTENDAZ ATHLETIC ALCHEMIST, REVEALS HIS 5 TOP TIPS

Soften Your Grip

Beginners often grab the bar too tightly. This creates unnecessary tension, hastening fatigue. Imagine an iron fist inside a velvet glove – firm but gentle.

Don’t Burn Out

Doing reps to failure locks sloppy technique into your muscle memory. Strive for perfect form, stop a few reps short of failure and rest longer between sets.

Line It Up

When pulling yourself up to the bar, avoid the temptation to lean back. Doing that sends your energy horizontal, not where you want it to go, which is vertical.

Slack Off

Never lock your elbows at the top of a push-up, dip or muscle-up. You run the risk of stressing your wrists, elbows and shoulders, potentially leading to injury.

Go Hard-Core

The Bartendaz team does plenty of planks, like the superman for back strength: lie face-down, arms extended. Raise your legs and shoulders and hold.

AMONG THOSE HE'S CHANGED: FILIP Loncarevic's. Filip, a 25-year-old sailor from Montenegro, describes the first time he watched Lanham on YouTube: "The video showed me how I can do the stuff I want to do." Speaking English as a fourth language, he adds, "It was connectivity on the first sight."

Filip is on a bus of "bar athletes" rolling through central Moscow one afternoon in July. Most of these men say watching Lanham's videos changed them. Now they've come to Russia from six continents to compete in the Street Workout World Championships – a.k.a. the Olympics of pull-ups.

On a precontest sightseeing tour, the bus stops in Red Square and the athletes start playing around: handstand push-ups in front of Lenin's Tomb, human flags on the balustrades of the onion-domed St Basil's Cathedral. Amused bystanders are witnessing a global exercise phenomenon, one that goes by several names, the simplest and plainest of which is "street workout".

These men, inspired by Lanham's videos and similar clips of others, add some of their own moves, plus other ideas borrowed from yoga, gymnastics, mixed martial arts and Parkour. The result is exuberant, hybridised body-weight moves that can be done on bars, trees, scaffolding, benches, traffic lights and even playground equipment. Then, like gymnasts or break dancers, they then stitch those moves together into complex routines and show them off live in competition or in videos posted online.

Filip's whole life changed when he tried to master the move that opens "Hannibal for King": Lanham hangs straight-armed from the bar; the full length of his body held rigid, floats up slowly as if in zero gravity and comes to rest, horizontal. In gymnastics, that move is called a front lever. But for a while, as far away as South Africa, it was known only as the Hannibal.

It took 14 solid months of endless leg raises, push-ups, planks and pull-ups – staple moves for core and back strength – before Filip could do it. Cradling his calloused hands, he says, "You feel you have some kind of special power. You feel amazing." Then the fun started. By changing hand

and foot positions, he created his own moves. "You can bring your character to expression through the movement, to make your own story."

The fundamentals of this form of exercise are as old as civilisation. Before the battle of Thermopylae in 480 BC, Spartan warriors did calisthenics, which in Greek (*kalos sthenos*) means "beautiful strength". More recently, European and Russian physical education experts debated the effectiveness of different forms of calisthenics. "Ready for Labour and Defence," abbreviated in Russian to "GTO," was the name of the Soviet Union's calisthenics program founded in 1931. In the West, too, calisthenics was tied in with military preparedness and shaped PE programs. And that's how calisthenics earned a bad rep. It was the opposite of creative, the opposite of fulfilling, the opposite of fun. It was civic duty.

Which is too bad, because calisthenics training is a safe, proven way to build functional strength – the kind you need to schlep groceries, pick up a toddler or sprint for the 6:40 train without tweaking your hamstring. "Body-weight training using explosive movements or in high volumes can help you achieve serious strength," says Professor Mark Peterson of the University of Michigan's department of physical medicine and rehabilitation. For most guys, their body mass represents close to their maximum load for upper-body movements. (Elite bar athletes can lift two to three times their body weight.) Observing Lanham's front lever, Peterson says, "From his shoulders down through his hips, he's simultaneously contracting all the muscle surrounding the spine. It's like he's creating a tight sleeve of muscle to support and protect a rigid spine."

Filip's story of how Lanham inspired him to learn and master the front lever – and then to make bar calisthenics his own – illustrates street workout's democratic essence. You don't need money, you don't need a gym membership, you don't even need gear. It sets you on a quest to discover your own distinctive strength. How can it change your body and your life? We'll let Lanham's warriors show you three ways.



▲ **FLIGHT SCHOOL**
Chris Luera, a.k.a. Tatted Strength, catches air in the Moscow competition.

► **MONKEY-BAR MUSCLE**
BarStarzz member Moises Contreras does a front lever as Jose Jimenez warms up.

PULL-UP: MASTER THE FUNDAMENTALS

Back in the early 2000s, before his videos went viral, Lanham belonged to a workout team called the Bartendaz, which had started with a man called Giant. Born Warren Bradley in 1968 on New York's Lower East Side, Giant came up as a boxer and a martial artist. In 1989 he was convicted on drug charges and served a four-year prison sentence. "I went into jail a caterpillar and came out a butterfly," he says. He became an orthodox Muslim, changed his name to Hassan Yasin and moved to Harlem. In 1994 he started a mentoring program called Giant Thinking. (It's an acronym for "Growing Is a Noble Thing, to Help Introduce Nationwide Knowledge Involving Natural Guidance.") Because he loves paradox and provocation, he took the first half of the programme's name for himself. Giant stands 1.7m.

In his off hours, Giant worked out in public parks, refining a regimen based on seven moves: the pull-up, push-up, dip, squat, lunge, jump and plank. He'd learnt these as a teen and mastered them while locked up. After his release, Giant used the bars as a place to make friends – guys named Animal, Brick City, Drunkin Storm – and blow off some steam. "I wanted a safeguard to give me peace when I was stressed," he says. He found that safeguard in the park, on the pull-up bar. Every day, Giant still does 30 sets of 15 reps of his trifecta: pull-up, push-up, dip.

With his friends from the parks, Giant formed the Bartendaz, and the group made some videos that they sold informally. Eventually Lanham and the team parted ways, as did many original members. But their influence spread.

Giant's approach to fitness, formulated as the Bartendaz Natural Movement System, is based on his seven-exercise regime. It has been taught in almost 100 schools and youth programmes, as well as in prisons, and it emphasises balance and strength through a wide range of motion. Each exercise is parsed in three spatial planes: frontal (forward and backward), sagittal (side to side) and transverse (rotational). Each move also carries symbolic meaning. Pull-ups, for instance, are "something you can do to take con-



trol of your destiny.” That is, your self lifting up your self.

On an afternoon this summer, in a West Harlem park, Giant drops by a Bartendaz workout class. Each student is given their own nickname – Dynasty, Salubrious, Queen (the only girl in this class) and a 12-year-old named Ty-Ty, who started with the Bartendaz two months ago. As Ty-Ty hits the top of his first pull-up, Giant calls out, “Love yourself!” That kind of clear, direct vocabulary for talking about emotion and commitment is typical of many bar teams. The members are up-front

about something a lot of athletes keep under wraps: athletics is a form of intimacy that requires real risks and yields significant rewards. You’re showing weakness as you try to improve.

After two months under Giant’s watchful eyes, Ty-Ty can do seven pull-ups.

This is how you change a life.

MUSCLE-UPS: DEVELOP EXTREME STRENGTH

Competency in bar calisthenics involves executing pull-ups, push-ups and dips. The next level is the muscle-up: a pull-up with a bang.

When Eduard Checo was in fifth grade, he’d watch his older brother – a football player and the biggest guy in Manhattan’s Washington Heights (at least to him) – doing push-ups. “I always wanted to be big like my brother,” Ed remembers, “so I copied him.”

Another reason to be big: fighting. That was just one line on the résumé of Ed’s teenage troubles. He ran with gangs, he landed in jail. Unemployed at age 19, Ed had burned out. He had nothing. Then one day he bumped into his high school buddy John, who suggested that they lift some weights together, hoping it might help keep Ed off the street. Not long after that, John watched a Bartendaz clip and told Ed they had to learn this new move.

It was like a pull-up, he said, but you raise your upper body over the bar, not to your neck but to your waist. And just like that, Ed was hooked on body-weight training.

A month later, Ed had nailed the muscle-up. The high lasted all day. That was in February 2009, and the feeling inspired him to form a team called BarStarzz. The team is pioneering a new bar technique called freestyle; as the name suggests, the technique emphasises flowing, dynamic manoeuvres and elaborate, explosive moves.

The New York City bar world is divided – old-school reps and sets versus new-school freestyle – and that reflects another big divide. The Bartendaz have an emphatic social mission with a local focus, built on a message that’s mainly about being good. The BarStarzz, by contrast, do a lot of peacocking for fun and (eventually, they hope) profit, on the global stage of social media, where they seem to live half their lives embodying a message that at first glance seems mainly about looking good.

Ed, 26, has made a full-time job of building BarStarzz into a global brand. He maintains a jet-set travel schedule judging competitions and leading workshops; BarStarzz now has over 50 members around the world. Two members who live in Miami founded a gym, Calisthenics Evolution, which is entirely dedicated to bar training.

RAISE YOUR OWN BAR

FIND LOCAL TRAINERS

Urban Calisthenics

Based in Cape Town, they provide calisthenics classes for all levels. urbanca.co.za

Gravity Core

Focused on community development, these bar athletes hold regular workshops in Joburg. facebook.com/gravitycore

Silverback Calisthenics

Based in Bloem, they’re a member of the World Street Workout & Calisthenics Federation. Find them on Facebook.

Adam Active

Adam Deane is a calisthenics coach in Joburg. Find him on Instagram at [@adam_active](https://instagram.com/adam_active)





▲ **MUSCLING UP**
Lanham does an incredible: a version of a muscle-up where you keep your legs straight.

◀ **MAKING A STAND**
Hassan "Giant" Yasin with fellow Bartendaz Michael Fontanez (left) and Anthony Suppe (right).

The biggest concentration of BarStarzz members is in New York, where the team's weekly workouts at Fort Tryon Park draw a crowd of about 70. Those sessions start with an hour of games, like plank-holding contests and push-up progressions, to warm up before they freestyle. "Pull-up or shut up!" is one official motto, but "Shit changes lives" is a mantra too. It reminds them of transformations like Ed's, which are the soul of what's going on in the park.

A few school teachers who've seen the BarStarzz videos have invited the team to give demos. In 2014, Ed and other members spent a day teaching PE. The tallest girl in one class, who wore braces and glasses and stood as if her body were a scratchy outfit her mom had picked for her, bleakly said, "I don't have any strength."

"We're gonna build you some," said Nigel Deleon, a 21-year-old BarStarzz disciple. "I started just like you. We all did." Nine months earlier, Nigel had been Bambi thin and couldn't do one muscle-up. After working out on the bars three days a week, he's packed on 5kg of muscle and become one of the most promising of the BarStarzz athletes.

AIR: COMPETITION SPARKS CREATIVITY

Street workout competitions are more common in the former Eastern Bloc (especially Russia, thanks to government funding) than in America. There's no big money yet, but organizers provide bar athletes with incentives to develop their skills and perform. For now, the ultimate reward is bragging rights.

The bar world championships are organised by the World Street Workout & Calisthenics Federation, which puts on dozens of major contests globally. Its founder, Maris Slezins, is a 30-year-old civil engineer from Riga, Latvia.

Maris saw "Hannibal for King" for the first time in 2009, when he was out of work and his marriage was failing. He made it his goal to successfully perform the human flag – holding on to a vertical pole while keeping your body horizontal. It's a hard move for a big guy – Maris is 1.8m and 92kg. After nine months of training, he achieved it. His friend shot a video, which Maris then posted. Having so many people see this small but mighty act made Maris

feel better than he had in a long time. He dedicated his life to promoting calisthenics – first in Latvia, then around the world.

A competition in Moscow in July last year was the world's biggest yet, with 67 bar athletes from 44 countries. There's a cultural split between Eastern bar athletes, who do more static strength moves like levers and human flags, and Western ones, who do more dynamic moves like jumps and muscle-ups. Most choose a style and stick to it. One top bar athlete, Vladimir Sadkov, says, "In Russia we have a proverb: 'Chasing two rabbits gets you nowhere.'"

Two athletes from the US qualified, having won invitations based on submitted videos. Ishmael Lugo, 23, is a guard in New York; Chris Luera, 32, is a hairy dynamo from Los Angeles who calls himself Tatted Strength. Luera stopped working in catering so he could enter bar competitions and work as a trainer. Competitors are graded in three ways: static moves, dynamic moves and combinations.

Lugo, who started out copying moves done by BarStarzz members, among others, trains mostly solo. His regimen is heavy on plyometric versions of pull-ups, push-ups and muscle-ups. What he excels at is not a move, exactly; it's the space between moves. Ish can do a lot of things: pedal his feet, shimmy his hips, fist-pound his chest. (Yup, mid-pull-up.) Bar athletes strive to grab air as much as skateboarders and ski jumpers. Ish says he wants people to think, *Wow, that dude can fly. His pop is crazy.*

A crowd of about 10 000 spectators gathered at the Luzhniki Olympic Complex. Bleachers surrounded a stage set up with an elaborate framework – monkey bars gone wild. In the first round, Ish flew high. From one explosive muscle-up on a high bar, he blasted himself backwards almost 2m, to catch a parallel pull-up bar in the crook of his knees. The force of impact carries his body into rotation around the bar, flipping him upside down. He retakes control of his torque by reaching up to grasp the bar. Then, as gravity begins to make its point, Ish flings both legs straight out into a back lever. In the second round, his creativity flatlines – his basic moves fail to impress the judges. It doesn't matter. Just to be there, he says, hanging out with the world's top bar

athletes, makes this the best day of his life.

In one day, Ish sees more moves than he ever could in a year of watching YouTube. He sees Filip, the sailor from Montenegro, perform a one-arm front lever. He sees the spring-loaded acrobatics of Tatted Strength. Tatted lets go of the bar while doing a back-lever pull-up, only to catch himself on the ground in a planche push-up. (His body is horizontal, both feet elevated). Ish sees the technical perfection of Eryc Avendano, the Frenchman who earns first place, with a routine combining single-arm muscle-up donkey kicks (he bucks his feet out over the bar) and fingertip planche push-ups. And he witnesses the live-wire joy of Ukrainian Vadim Oleynik, 19, the crowd favorite.

Oleynik has found a way to chase both rabbits. He performs static and dynamic moves simultaneously, doing a human flag while walking (and sliding and skipping) his feet as if along an invisible wall.

Every hour or so the proceedings are suspended. That's when the DJs crank up the music (Avicii and Jay-Z) and ponytailed "workout girls" in short shorts and tight black T-shirts take the stage. The crowd and athletes all rock out, even after spending five hours of competition in the sun. The music draws everyone up into the brotherhood of the bar. Pull-ups, in this moment, seem like the crowning act of human life, and if there is any greater use to which a man's energy might be put, it could only be to teach another how to do it.

ONE MONTH LATER, LANHAM SITS in Brookville Park, New York, talking through a strange reality of his life. Probably more than anyone, Lanham has inspired a new global passion for bar calisthenics; yet worldly success continues to elude him. Lanham makes a modest income from his training work, DVD sales and endorsements. His biggest gain: the responsibility of being a role model to many. It has made him a stronger person.

He wonders whether his grandmother's prediction that he would be a preacher is slowly playing out. "All of this became what it is today because I just wanted to be better," Lanham says. "Once I found a few things I could do better, I just kept reaching for them." **MH**

MAY 2011



BODY OF WORK



CLINTON JURGENS WENT FROM A SOFT-IN-THE-BELLY GRAPHIC DESIGNER TO THE RIPPED ART DIRECTOR HERE AT THE OFFICES OF *MEN'S HEALTH* – WITHOUT ANY PHOTOSHOPPING. USE HIS TRIED-AND-TESTED ADVICE TO DESIGN YOUR OWN FITNESS COMEBACK

BY
ARTHUR JONES

PHOTOGRAPHS BY
BYRON KEULEMANS

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MAY 2015

WHEN YOU WORK AT THE BIGGEST

men's fitness magazine in the country, there's a certain unwritten part of your contract that you only experience once you're on board. At any social gathering, you'll tell people you work at *Men's Health*, and you'll get one of two responses: some people will automatically assume that you have a six-pack, and that your office is filled with whey shakes, rippling torsos and squat racks, while others – the haters, the real-life trolls and keyboard trainers – will say every *MH* cover model is either a steroids pincushion or the result of pixel painting, and that we're peddling unrealistic goals and snake-oil bro science. ¶ The truth? Everything we preach is the result of hard work, either in the gym or poring through science journals, and while, okay, not every *MH* staff member has a cover-ready six-pack or single-digit body fat percentage, they're doing something about it. The office is filled with real people with full-time jobs juggling food-smearred kids, sleep-killing deadlines and heart rate-raising bills. And here's the real rub: these same office workers find time to train and get in shape using the advice you find on these very pages. ¶ If you need proof, look no further than this guy. A hardworking designer and father of young twins, he's cut through the excuses to overhaul his fitness. No shortcuts, drugs, Photoshop tricks or lighting effects – just hard work and the smart training tactics found on our pages and pixels. Read on if you're ready for your own body redesign.

REPRESENTING THE EVERYMAN

Before joining *MH*, Clinton was your typical red-blooded South African male. Sport-loving and active, he was big into team sports but that activity slowed as his age increased. "After a couple years of club football and rugby after high school I called it quits, and that was pretty much the start of my lazier lifestyle," says Clinton. "I wasn't very overweight, and I've never suffered from any health-related problems, but I just didn't look the way I wanted to look any more. It bothered me. My change in mindset was definitely kick-started by working at *Men's Health*." Clinton's story isn't anything new – it's a common lifestyle change that affects most men. As part of my daily work, I've edited and compiled amazing stories of South African men taking control of their lives and fixing their fitness through *MH* Belly Off Challenges. It's not a vanity thing. I've seen guys lose up to 80kg, cure themselves of life-threatening diseases and even fix a few family issues by transforming their health through training. Clinton may not have been in as much danger disease-wise, or have racked up as many midsection miles, but he knew that he wasn't in showroom condition, and that was brought on by the start of his work on the magazine.

CHEESEGRILLERS AND CHAIR TIME

Clinton's main problems were two-fold: his eating plan was about as healthy as an oil spill. "I loved all the classics: pasta, burgers, all forms of takeaways... Did I say pasta?" says Clinton. He also had a daily, one-way relationship with cheese griller sausages. Mix in a liberal amount of alcohol, and you have the perfect recipe for a soft middle. His second problem was that he spent too many hours behind a desk wrangling a mouse and keyboard shortcuts, and too few lifting metal or pounding pavements. These problems aren't unique to him – they're the obstacles that affect almost everyone who has let their fitness slide. "I wanted to look better. Getting stronger and fitter was a bonus, but with my wedding fast approaching, I wanted to get into the right kind of shape." He had his reasons, and *Men's Health* provided the perfect opportunity for him to change in the form of a staff challenge.

BATTLE OF THE BULGE

In the 2011 *Men's Health* Staff Challenge, Clinton was pitted against seven of his colleagues in a race to get ripped – in just eight weeks. We partnered with the experts at the



THE 2011 *MH* STAFF CHALLENGE: This is what started Clinton's body comeback, and ignited his fire for self-mastery.



▲▲ CROW TO HANDSTAND
▲▲ PUSH-UP
Builds bolder shoulders and a tighter core. It can be done!

Sports Science Institute of South Africa (SSISA), and subjected our colleagues to intensive training programmes and smart eating plans from their brains trust. You know we like to constantly challenge you, as an *MH* guy, to become a better man, and these staff challenges are a great way to show you that we stand by our word. Each of the eight guys represented a type, a category of reader – Clinton was a school sports hero who used to be active (but then stopped everything, except his fast food habit). A crucial caveat, this challenge wasn't just for vanity's sake; these eight men lowered their blood pressure, cholesterol and body fat considerably, dodging dangers like diabetes, heart disease and other serious health problems. They became fitness guinea pigs, and helped readers to also get into the best shape of their lives.

"Prior to signing up, my fiancée had pointed out to me that I'd 'picked up a few' lately. I told myself (and her) that it was just the bad lighting in our flat, but the truth was that I was packing on the kilos," explained Clinton. His main obstacles were his diet and injuries – he had recently dislocated his shoulder. But thanks to a smart biokineticist, Lezandre Joubert at SSISA, he worked around it using alternative exercises that didn't hurt or put it at risk of

another dislocation. "Training with a biokineticist or knowledgeable personal trainer, even if it's only once a week, really helps. You get to see what you should be doing and they push you to achieve your goals," says Clinton. "When it came to my eating plan, the SSISA dietician provided me with a proper eating routine, so I didn't lose all my hard work by eating junk on the weekends. My big diet changes were to cut out my daytime cups of coffee and replace them with water, start having breakfast and eat more fruit."

"Clinton worked hard to regain his confidence after his clavicle injury, and once he did, he lost a lot of body fat and ended up with a great, toned body," say Joubert.

The proof was in the stats: Clinton lost just under 4% body fat, added a whopping 41kg to his chest press, lost 5cm around his waist, improved his VO_2 max and even cut his cholesterol. The most amazing result of this challenge, though, is that it sparked a fire – it was the catalyst for Clinton to change his life. This wasn't just an eight-week success story, his journey was just beginning. The results you see here took years of hard work, but it's exactly that dedication and commitment that transformed him into a role model for men wanting to lose their extra rolls.

TURNING ON BEAST MODE

Clinton became a sponge. In his days designing the fitness content you find in these pages, he'd learn all he could. Like a muscle magpie, Clinton sought out new, shiny nuggets of training wisdom, collecting them to form his own training and eating plans – something which he still does today. "I've never stopped learning. I continuously flood myself with training info, articles, workouts and expert advice so I can increase my knowledge and train correctly and more efficiently," says Clinton. That in itself is the biggest lesson he can provide *MH* readers: the more you learn, the more effective your training will become.

Clinton still faced obstacles, but they were now less about his eating plan, and more about training. "One challenge in the beginning was constantly losing my lunchtime gym partner. It's always better to workout with someone – it makes it easier," says Clinton. "But every day as 1pm rolled around, I would just pick up my gym bag and hit the gym. Everyone has those days when they just don't feel like going. On those days I just tell that voice in my head to 'shut up and go to gym'. I know it

sounds like a bumper sticker but I honestly believe this 'lost gym buddy' scenario has been a great life lesson for me, and has helped make me a more determined and focused person." Call it stubbornness or a strong will, whatever it is, it's working for him.

Fitness became his obsession. He became the fitness model for some of the upfront training shoots, and became a prominent silhouette in the magazine. He created a Twitter handle and Instagram feed called @MHGymGuy to document his journey, and started providing customised training plans for readers. His most popular one was called Beast Mode, which he created under the guidance of Roark Gyms' head coach and owner, James White. "I'd done typical weight training for a few years and wanted a change. I'd also discovered calisthenics and loved the way it worked my entire body. I wanted to incorporate HIIT, plyometrics and strength training into a complete, high-intensity workout. When I got to post it on the *Men's Health* site it was exciting that others might try it and experience what I experienced."



THE 2013 *MH* STAFF CHALLENGE: Clinton followed up with even more impressive gains, becoming a fully-fledged role model.



PISTOL SQUAT

The greatest single leg muscle builder ever invented. If it's too hard, use a bench as a target.



U

▼▼ **TIGER PUSH-UP**
Supersize your triceps and maximise chest growth with this simple push-up variation.

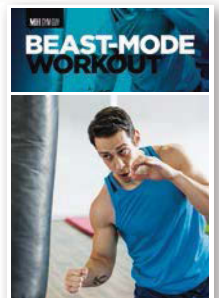
PASSING THE BAR EXAM

Clinton was now working on his weaknesses and tailoring his training to keep it enjoyable and to keep learning – two more crucial lessons for men that want to stay motivated and keep getting the right kind of gains. But that's not where the journey ends – he then focused on calisthenics, the body weight-focused training trend that's spreading quickly across the globe, and is the focus of a big feature in this issue (*The Bodyweight Warriors*, p90). "It's all you need to get into fantastic shape," says Clinton. You can do it almost anywhere, and it builds a supple, total body strength and core power that helps fix imbalances and helps you to safeguard against injury. "Frank Medrano started me onto the whole calisthenics obsession, but I also follow a whole bunch of calisthenics and body weight practitioners on Instagram (Warren James Li, Christian Henkel, Kenneth Gallarzo, Tanabat Chua, Captain Joe Barragazz). It's a fantastic social community with a lot of motivation, support, education and tutorials. There are always people out there on a similar level to you, so you can watch their progress and get tips and advice from them." The benefits for Clinton have been widespread. Not only is he leaner, he's stronger, and more flexible; he's become a hit at the office Christmas parties with other magazine staff (particularly the women). He has more energy for his twins (and wife) and doesn't hit afternoon slumps. The old dodgy shoulder no longer bothers him, and even though he has a demanding schedule, he can do his calisthenics moves almost anywhere and at anytime. His favourites: "I love muscle-ups (and anything on a pull-up bar really), handstands and parallette work. There's always something that you can work on. But one of my main goals is a full planche. That's a long-term goal, so my immediate goal is the planche lean which I've completed, and I am now working on the tuck planche. In my push-up complex I do a push-up variation called the tiger push-up, which is a real killer."



WORK IN PROGRESS

Clinton has empowered himself to go from a soft, cheese-griller sausage and pasta eating slob to *MH* Gym Guy and fully-fledged calisthenics pro. He experimented, tested and taught himself through *MH* training content and his own research, and was able to tailor make his own fitness formula. But the real lesson here is that he's not finished. He loves the process and the fact that he's still learning – it's what keeps him pulling himself up and over the bar. "Find out what you want to do, why you're doing it and then get your head into the proper frame of mind. Once you start there really should be no reason to stop. At this point, if you stop you may as well tell yourself that you're lazy and you failed. Do you really want to do that?" We think not. Time for your journey to start. **MH+**



BEAST MODE:
Clinton (with coach James White's help) created his own, tailored fitness formula.

B L O O D

W R K

EVERY MAN MAKES SACRIFICES,
BUT SOME GUYS GIVE A LIFELINE TO
COMPLETE STRANGERS – EVEN IF IT
MEANS LOSING A PINT OF THEMSELVES



BY JAZZ KUSCHKE / PHOTOGRAPHS BY MICHAEL LEWIS





7 SEPTEMBER 2011 IS A DATE EMMANUEL "MANU" CHOGA WOULD RATHER FORGET. BUT THERE'S NO WAY HE CAN.

ASIDE FROM THE SCARS AND A SLIGHT LIMP, THE MEMORY COURSES IN HIS VEINS.

It was about 10pm when Choga got onto Mali-bongwe Drive towards Witkoppen Road. He'd just dropped at friend at home at Andre complex in Northriding, Randburg. "I turned left at the KFC and drove about 300 metres," he says. "I don't recall what happened from that point on. The little I can remember is I was on the ground and badly injured."

A kind motorist stopped to assist. "To this day, I don't know who it was, but he or she saved my life," Choga explains. "They called my brother, who stayed close by, as well as the police and Netcare 911. When the paramedics arrived they told me not to move and slowly started getting me onto the stretcher."

"At this point I wasn't aware of the extent of my injuries, and I wasn't in any pain, probably because of the shock," Choga says. "Once they got me onto the stretcher it felt like I was in a movie because I remember the paramedic saying to me that whatever I do, I shouldn't let myself fall asleep. I needed to keep talking to her."

The paramedics managed to stabilise Choga on the scene and loaded him into the ambulance. "They asked me about my medical aid, then decided to take me to Olivedale Clinic." On arrival, he got cleaned up some more and taken for X-rays.

Choga remembers hearing one of the doctors saying that he was seriously injured and had to be transferred to a more advanced facility. "The debate at this point was whether they should take me to Milpark or to Sunninghill – either way they were convinced that I wouldn't make it if I went by road. They couldn't secure a helicopter to transport me, so after much debate they put me in the ambulance to Milpark."

Choga made it to Milpark, where he was put into a medically induced coma and transferred to the ICU. From there he was taken to theatre, where he underwent a hip replacement, femur reconstruction and ankle surgery all, at the same time.

"When I woke up the next day I was in ICU and on a drip with so many cables connected to me that I felt like a pincushion," Choga says. "I don't remember exactly, but I had at least two sachets of blood transfused into me as the doctor said I had lost a lot of from the injuries to my shoulder and ankle."

Choga was in ICU for just over a month before being transferred to a general trauma ward, where he received another two bags of blood – this time because his levels were low and his system under strain. He spent over three months in hospital and was discharged in late December 2011.

During 2012 he spent time in hospital every quarter, undergoing surgery every time. He had his last surgery in April 2013.

TAPPED OUT

MANU CHOGA'S LIFE WAS SAVED BY BLOOD donated by a stranger. His story is hardly unique. Just as he has never met the motorist who stopped to assist him on the road that night, so he will never know the people who effectively saved his life by giving of themselves.

Blood cannot be artificially created and the stocks that exist come from voluntary donors.

Over 3 000 such blood donations are needed every day to treat accident victims just like Choga. "We aim to get over 100 000 donations a year," explains SA National Blood Service (SANBS) spokesperson Vanessa Raju. "We have about 432 000 donors on our donor base, but unfortunately not all donors are able to donate the minimum of four times a year, or once every 56 days."

What that means is that at any given time, South African blood stocks hover at the dangerous level of around two days' worth. This means that if everybody stopped donating today and demand remained the same, there would be no blood left in two days' time.

Blood stocks typically plunge over holiday periods, when demand increases due to road accidents and fewer people take the time to donate. While cases like Choga's tap most of the supply, accident victims are by no means the only ones in need. On a daily basis, patients who've undergone heart and kidney surgery require blood transfusions, as do women who suffer excessive bleeding during childbirth. Some people need blood or parts of blood because of illnesses such as cancer, liver disease, anaemia, bleeding disorders or other serious infections that inhibit your body from making blood or certain parts of blood. The list is infinite.

BY THE NUMBERS

475ml

(a.k.a. a pint) Amount of blood drawn in a single donation

10-12

Number of pints an average person has in their body (between 4.7 to 5.5 litres)

3

Number of lives that can be saved by one donation.

56

Number of days you have to wait between making donations.

432 000

Number of donors on SANBS donor base

20 mins

The total time it takes to make a donation.

6 months

The time you need to wait to donate after you've had a tattoo done.

PINT FOR PINT

JAN SOLMS, A 30-YEAR-OLD FATHER OF ONE, IS A regular contributor to serving that limitless list. So why does he voluntarily have 450ml of his red stuff drawn every three months or so? “For the free cookies and juice,” he jokes. “I actually first donated at university, in Stellenbosch. There was a drive at our residence, where they did a bone-marrow match and it was amazing to see everyone from the town walk in for a good cause.”

Since then, he’s donated at least three times a year, every year.

Donating blood is a painless procedure that typically takes no longer than 20 minutes. “It’s very simple. You stand in a shortish queue, fill in some paperwork, then a nurse takes you to a seat,” he says. “The minimum requirement to be a donor is that you have to be between ages of 16 to 65 years, weigh at least 50 kilograms, be in generally good health and live a sexually safe lifestyle. When you come in to donate, you are required to complete a self-exclusion questionnaire. This looks at your lifestyle and health. There’s also a one-on-one interview with a nurse, who ensures you understood the questions and makes sure your answers are in line with qualifying to donate.”

From there you have a quick medical check-up, where they test your iron levels and blood pressure. Once these steps are completed you just “relax and watch it flow,” says Solms. Once the bag is full you get a complimentary cup of tea or glass of fruit juice and a cookie to make sure your sugar levels are where they should be. (It also gives the nurse time to make sure that you look and feel in tip-top shape.)

Your blood is then transported to a SANBS testing centre. “There is one in KZN and another in Roodepoort,” says Raju. “We individually test each and every unit of blood for HIV, hepatitis B & C and syphilis.” Once cleared, the blood is distributed to medical centres around the country.

Whole blood – a.k.a. the blood given during donation – is rarely used in that state. “Donated blood is separated into red cells, platelets and plasma,” Raju says. “This way, we’re able to maximise the use of each donated unit to treat the various requests of patients. They may need one or all of these products – that’s why we say that one unit of blood can save three lives.”

AT ANY GIVEN TIME, SOUTH AFRICAN BLOOD STOCKS HOVER AT THE DANGEROUS LEVEL OF AROUND TWO DAYS’ WORTH.

THIS MEANS THAT IF EVERYBODY STOPPED DONATING TODAY AND DEMAND REMAINED THE SAME, THERE WOULD BE NO BLOOD LEFT IN TWO DAYS’ TIME

LIQUID OF LIFE

PERHAPS NOW IS A GOOD TIME TO TAKE A CLOSER look at the red stuff that flows in our veins. The average man (68 to 81kg) has between 4.7 and 5.5 litres. This is made up of various parts. The *Physics Factbook* does a good job of paraphrasing the medical jargon: “Blood is composed of a yellowish fluid, called plasma, in which are suspended the millions of cells that constitute 45% the volume of whole blood. A cubic millimeter of human blood contains about 5 million red blood cells, or erythrocytes; 5 000 to 10 000 white blood cells, or leukocytes; and 200 000 to 300 000 blood platelets, or thrombocytes.”



Not everybody’s blood can save everybody, though, as not all blood types are compatible. The Western Province Blood Transfusion Service explains that each of us belongs to one of eight blood groups: “These blood groups, or blood types, are sub-types of the four larger ABO blood groups – A, B, AB or O. The Rhesus (Rh) system further divides these four groups into either Rh+ or Rh-, leaving eight blood types: O-, O+, B-, B+, A-, A+, AB- and AB+.”

Only those who belong to blood group O are universal donors. The incompatibility between types is due to the differences in antibodies that occur in different blood types. “While blood group A individuals have naturally occurring anti-B blood group antibodies in their plasma, blood group B has anti-A blood group antibodies, and blood group O has anti-A and -B blood group antibodies,” says Marlize van der Merwe from WPBTS. This means that if a blood group B patient is given blood group A, the anti-A antibodies in their plasma will destroy the red cells in the transfused unit and lead to severe complications or even death.

As the WPBTS likes to say: “You are always somebody’s type.”

PIECE OFFERINGS

BLOOD IS ONLY A DROP IN THE DONOR BUCKET. HERE ARE YOUR OPPORTUNITIES FOR ADVANCED ALTRUISM

	 Lobe of Lung	 Bone Marrow
DEMAND	Diseases such as cystic fibrosis leave many people in need. Two lobes from two living donors are required.	Every year, nearly 18 000 people with disorders like leukemia and lymphoma are in need of a transplant.
DIFFICULTY	Surgeons remove one of your lower lobes in an operation that takes several hours.	You’re given a local anaesthetic, and liquid marrow is drawn from your pelvic bones with a syringe.
RECOVERY	You spend one to two weeks in the hospital. Full recovery can take up to three months.	Schedule a week off. Side effects can last for a month or more and include back or hip pain, headache, and fatigue.
ENCORE?	Never... assuming you like breathing.	Your body replenishes stem cells within four to six weeks, but you’ll need to wait for another request or a new match.
RESOURCES	Lung transplants are rarely performed with living donors. Go to odf.org.za to find hospitals that have had success.	Join the registry at unflowerfund.org.za or sabmr.co.za . After a blood sample, you’ll be placed on the list.

YOUR BLEEDING HEART

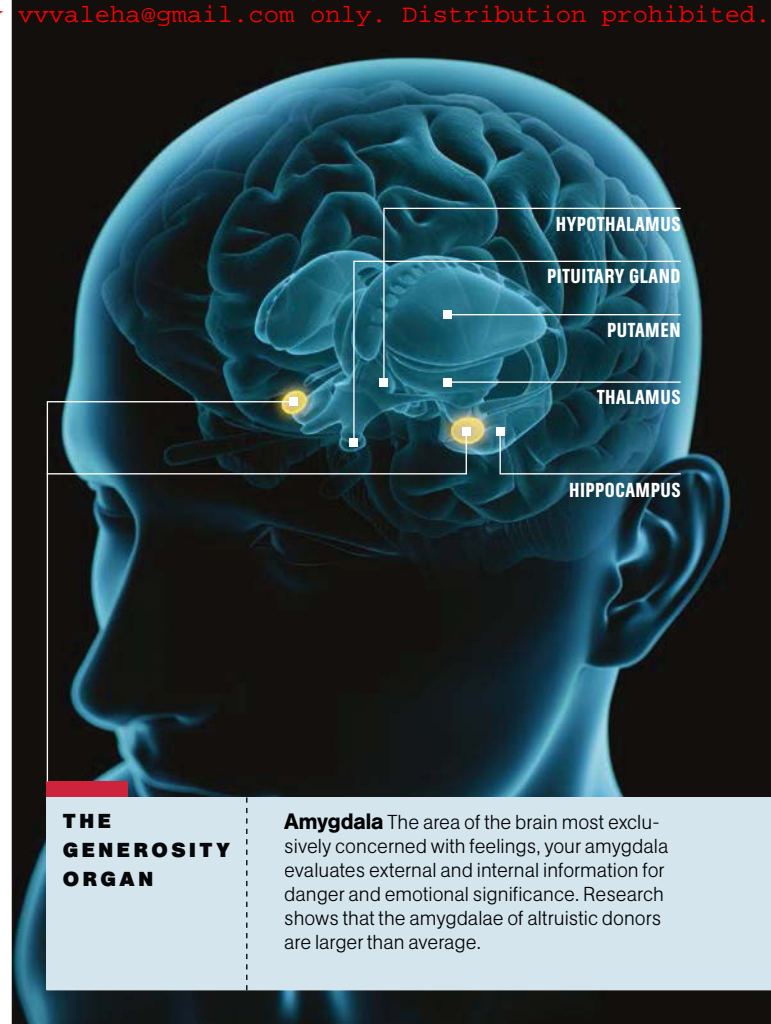
SOLMS DONATES OUT OF THE NOBLE ACT of wanting to do something for someone else without expecting anything in return. That's in line with the top three cited motivations for donating: "I like to help others," "I feel it is my responsibility," and "I enjoy the feeling of gratification after donating."

The psychology behind it may sound simple, but there is more to it than you might think. "Being good to others is good for you," says Abigail Marsh, a US-based psychology professor. In a study of the human brain, she and her colleagues found that people with higher levels of wellbeing tend to be more prosocial, "and that being prosocial – doing things for others – gives you more wellbeing. So they're reciprocally related," she says.

You'll feel better about yourself then when you walk out the door, your bag on its way to the testing centre, soon to be saving lives. But donating blood can have some positive physical effects as well. Aside from the mini physical check-up you receive (if your blood tests positive for anything, you will be notified immediately) to increased blood viscosity and a balance in iron levels.

Choga did not know his blood type before his accident and had never donated. Today he wishes that was different. "I am in no position to donate blood," he says, "but after my experience I would encourage anyone who can to do so, and soon. People need blood. And people need blood donors."

** Upon writing this piece, the author had never donated blood himself. Why not? He's not sure. He'd just never really thought about it. He is now a regular donor.*



THE GENEROSITY ORGAN

Amygdala The area of the brain most exclusively concerned with feelings, your amygdala evaluates external and internal information for danger and emotional significance. Research shows that the amygdalae of altruistic donors are larger than average.



Plasma

This blood-cell-ferrying fluid is needed to treat those with burns, autoimmune diseases, and bleeding disorders.*

It's like giving blood, but some components are returned to your body. Start to finish, you need about 75 minutes.

You may feel some weakness immediately afterward, but you'll be back at full strength within 48 hours.

Your body can replenish plasma relatively quickly, so it's possible to give again after several weeks.

Call your local hospitals and nonprofit blood donation centers; they may accept plasma donations.



Part of Liver

The waiting list has about 2500 adults and children. Their most common affliction? Cirrhosis due to viral hepatitis.

Extensive screening and blood-type matching are required. The surgery normally takes four to six hours.

You'll spend at least five days in the hospital and four weeks at home. You can't lift more than 6 kilograms during recovery.

Your liver will regenerate almost completely, but the first time must also be your last.

Find a transplant hospital at odf.org.za. The higher the recipient survival rate, the better.



Kidney

More than 2500 patients are waiting in the kidney queue; it's the most in-demand organ in the nation.

You need to pass physical and mental tests. Surgery is three to four hours and requires a few days in the hospital.

There may be significant pain and a greater risk of developing hypertension. Recovery is four to eight weeks.

Unless you're an anatomical anomaly, one kidney is all you can give.

To find a transplant centre in your area, go to odf.org.za

HOW BLOOD IS USED

Red Blood Cells

are used to replace losses as a result of accidents, trauma, childbirth and surgery, as well as for burn victims. They are essential in the treatment of various kinds of anaemia linked to cancer and rheumatoid arthritis, as well as sickle cell anaemia. These cells must be used within 42 days of donation, unless frozen.

Plasma is the liquid component of blood that contains essential nutrients and proteins. It is used primarily as a source for clotting factors, the replacement of blood volume and the production of albumin, a protein used to treat shock, burns and blood loss. Fresh frozen plasma has a shelf-life of one year and is used during cardiac surgery and childbirth.

Platelets help blood to clot and are used to treat patients with bone marrow production problems, and in the treatment of illnesses such as leukaemia. Platelets must be harvested within eight hours of donation (and used within five days) and are stored at room temperature in a gently agitated state so as to be functional when transfused.

Cryoprecipitate is a small portion of plasma that is harvested using a freeze-thaw process. It contains factors to help blood clot and is used primarily as a source of clotting factor VIII for patients with classic haemophilia.

Stabilised Human Serum is used for the treatment of burn wounds and hypovolaemia (decreased blood volume). **MH**



EAT CLEAN PREP DIRTY

It's a truism that a great physique starts in the kitchen, but keep taking culinary shortcuts and your progress will falter. To see the biggest changes to your body, you need to get physical with your food. So roll up, get hands on – and work out

WORDS EMILY BADIOZZAMAN | PHOTOGRAPHS DAN MATTHEWS

WE LIVE IN AN AGE OF convenience and it's holding us back. Despite a fondness for *MasterChef*, we spend half as much time in the kitchen now as 30 years ago. There are two reasons why this is bad. One: it likely means more plastic-packed junk on your plate. Two: you're missing out on a killer workout. There are major advantages to getting your hands dirty in the kitchen. The University of Birmingham found taking time to prepare your meals from scratch cuts your kilojoule intake by 50%, simply because you're more aware of what you're putting in your mouth. And the harder you work for your dinner, the beefier its benefits. Expand your global repertoire with blow-by-blow instructions from some of the finest chefs in Britain. Go on – your body (not to mention tastebuds) will savour it.

1/ Mince Your Way to Lean Mass

IF YOU WANT TO LOOK
CUT, PICK UP A
CLEAVER. THIS DIY
MINCE BEATS THE
STORE-BOUGHT STUFF
FOR FLAVOUR AND
BENEFITS

GINGER PIG BURGERS

By Tim Wilson, founder
of The Ginger Pig
(thegingerpig.co.uk)

500G FILLET STEAK

500G RUMP STEAK

1TBSP BONE MARROW

4 MIXED-GRAIN BUNS

4 RASHERS STREAKY BACON

RED ONION AND TOMATO

A burger made from cheap off-cuts and gristle can be as offensive to the palate as it is oppositional to your gym goals. Generally, this includes anything you'll find in a supermarket freezer, so for a superior patty, you need to make it yourself. Mincing your own means more texture and flavour, plus leucine, which triggers the mTOR pathways that control the use of energy to increase muscle growth in your arms. On a wooden board, halve the steaks a few times with a cleaver, then vigorously chop, working your forearms in the kitchen equivalent of a high rep, low resistance workout. When the meat is minced, mix in the marrow by hand. Make four patties and whack them on a smoking pan for two minutes each side. No need for oil: the meat releases its own fat. Slide onto buns and top with bacon and salad. "High-GI bread releases insulin, which enhances muscle repair and, in turn, definition," says nutritionist Drew Price. Your arms will soon look as lean and beefy as your dinner.



Don't butcher your diet with fast food. Prep a get-big mac.

SERVES 4

2845
kilojoules

87g
protein

25g
fat

27g
carbs



AMIGO ACID

These have twice the leucine
(i.e. twice the muscle gain) of
a shop-bought burger



BANG FOR BUCK

The creatine in one serving of venison makes up a third of your 3g RDA



Got game?
Make mine a
Bambi shank for
a hefty impact



SERVES 4*

1384
kilojoules

33g
protein

10g
fat

19g
carbs

2/ Hammer Home Big Gains

KILO FOR KILO,
NOTHING BEATS
VENISON FOR A HIT
OF BULK-BUILDING
PROTEIN. DIG OUT
YOUR Mallet: IT'S
HAMMER TIME

VENISON PAILLARD

By Mike Denman, executive
chef at Plum + Spilt Milk

4 x 140g VENISON, STEAKS,
HAUNCH OR LOIN

A BUTTERNUT SQUASH,
PEELED AND CUBED

A RED CHILLI, DICED

2 TBSP CORIANDER, CHOPPED

2 TBSP PUMPKIN SEEDS,
TOASTED

2 TBSP SHERRY VINEGAR

1 TBSP RAPESEED OIL

Not only will pummeling a slab of buck meat with a mallet make you feel like Chris Hemsworth, but it'll give you Thor-esque upper arms too. "Leaner than beef and boasting more protein, venison also packs unrivalled levels of creatine, to switch on muscle growth," says Price. So a pounding of flesh will help your biceps and shoulders grow to heroic proportions. Place each steak inside a Ziploc bag and smack them down to 1 cm thick. Once you're done taking out the day's stress on your haunch, roast the squash at 200° until soft, then set aside to cool. Throw the other ingredients into the roasting pan along with the squash and shuffle to coat the lot in oil. Season your hammered meat and stick it in a hot pan, flash-frying the venison to keep it pink. Serve with the butternut squash and salad leaves – a feast fit for a Norse god.

Stick these in the oven if you're burned out after training



SPELT OUT

12 min of kneading provides the same kJ-burn as a 12 min jog (480kJ)

SERVES 16

502
kilojoules

4g
protein

1g
fat

22g
carbs

3/ Roll Out for Fuel

**KNOCK UP A BATCH
OF MUCH-KNEADED
POST-CARDIO CARBS**

SPELT ROLLS

By Roy Levy, head baker at Gail's Artisan Bakery

450g WHOLEGRAIN SPELT FLOUR
10g FRESH YEAST
30g HONEY
1½ TSP FINE SEA SALT
TRAY OF ICE CUBES

One thing they don't show you on the Royal Baking Powder tin is that baking is sweaty work. Put your back into it, and kneading dough can burn almost as many kilojoules as a 2km run. After that effort, you'll need a low-GI energy source to restock supplies, but keep your blood sugar stable: its name is spelt. "This grain is lower in glucose than wheat, so it helps performance in the long run," says Price. Energy efficiency made tasty.

Pile up the flour on your countertop, create a crater in the centre and fill it with the yeast, honey and 300ml of

cold water. Sprinkle the salt around the dent and stir in a circular motion around the middle to mix, bringing in flour from the sides to form dough. When it all comes together, vigorously knead for 12 minutes. Use the ball of your hand to squash the dough – stretch it away from you, then bring it back into a ball, flip it 90° and repeat.

A few minutes of this should take your heart rate well into the kilojoule-burning zone. Fortunately, the two rolls will provide a quarter of your RDA of fatigue-fighting iron, so your energy levels should start

picking up again as soon as you've tucked in.

Leave the dough to rest under a damp tea towel for two hours, then roll it into 16 balls. Place them on a floured baking sheet and cover with an inflated bin bag for another two hours, until they double in size. Finally, dust with a bit more flour and snip halfway through the middle of each roll with sharp scissors. Bake at 200° for 15 minutes, and place the ice cubes in a tray at the bottom of the oven – the rising steam will help the buns to form a perfect crust. You have now truly worked for your bread and butter.



THE BARE BONES

Saw at a 45° angle over the counter edge, using a wet towel to help grip

Get stuck in to an arms workout that won't leave you saw

SERVES 4

2594
kilojoules

51g
protein

42g
fat

4g
carbs

4/ Bone Up on Power

RAID YOUR TOOL BOX
TO CREATE A STARTER
THAT PACKS A
LIGAMENT-
NOURISHING PUNCH
AND BUILDS YOUR
GRIP STRENGTH IN
THE PROCESS

ROAST BONE MARROW

By Fergus Henderson,
founder of St John Bar
and Restaurant in London

4 VEAL SHINBONES
BUNCH FLAT LEAF PARSLEY
2 SHALLOTS, VERY THINLY SLICED
HANDFUL CAPERS
1 LEMON, SQUEEZED
SPASH OLIVE OIL
WHOLEMEAL BREAD

Make no bones about it, there's hard evidence for the benefits of marrow – it's nutritional gold. The prep, while quite strenuous, is worth it. "The soft fat has compounds essential to the production of collagen, for tendon and ligament health," says Price.

Take a (clean) hacksaw to the ends of the bone to create a tube, and saw off 5cm chunks. Put the bone chunks in an ovenproof frying pan and cook at 200°, hole-side

down, for 20 minutes. The centres should be loose, but not dissolving.

For your side salad, chop some parsley and toss with shallots and capers before dressing with a squeeze of lemon and olive oil. Toast some bread, top with the glutinous goodness and add a sprinkle of sea salt.

It's harder on your grip strength than a load of muscle-ups but you're on the straight and marrow to physical triumph.

5/ Grind Down On Body Fat

TURN CURRY NIGHT
INTO A SIX-PACK
SESSION WITH THE
HELP OF MESSRS
PESTLE AND MORTAR

TIGER PRAWN CURRY

By Barry Vera, chef
director at STK London

1 TBSP EACH CUMIN SEEDS, CORIANDER SEEDS, BLACK PEPPERCORNS, GARAM MASALA, BLACK MUSTARD SEEDS, TURMERIC, GINGER

1 TSP EACH GROUND CINNAMON, SEA SALT

3 CARDAMOM PODS

20 CURRY LEAVES

3 RED CHILLIES, DESEEDED, SLICED

5 GARLIC CLOVES

120ML WHITE WINE VINEGAR

150ML COCONUT OIL

2 ONIONS, CHOPPED

2 TBSP CURRY PASTE

300ML FISH STOCK

2 TINS COCONUT MILK

24 TIGER PRAWNS, SHELLLED

Curry's not just for winter evenings on the couch. The spice list may be longer than your CV, but the mix is a winning combination of metabolism-regulatory antioxidants. "Plus, the fats in coconut ramp up fat-burning by almost 20%," says Price. Dry-roast the spices, then tip into a pestle and mortar with the chilli and garlic. Grind for 10 minutes, keeping your feet still so the motion engages your abs. Slowly add the vinegar and half the oil and grind again. Fry the onions in the rest of the oil and add your paste, fish stock and coconut milk; simmer until thick. Throw in the prawns and cook on a low heat for three minutes. Don't let it boil or the prawns will harden. The only thing that should be firm is your core.

MT+

The takeaway message:
cut your gym time and
burn fat at the stove

SERVES 3

3 280
kilojoules

35g
protein

63g
fat

22g
carbs



TORSO RECALL

Grinding will activate your
deltoids, biceps, obliques
and abdominals



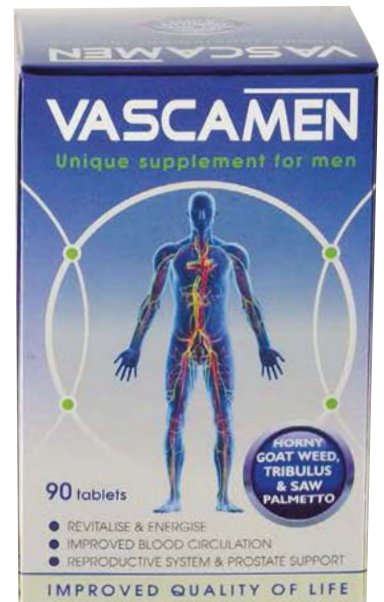
For most of us, it doesn't take much to be turned on sexually. Sometimes, however, we can have difficulty in responding physically.

Many men experience a loss of sexual desire or insufficient erections. This is nothing to be shy about. It can be caused by stress, ageing or tiredness or physical conditions like poor blood circulation.

Vascamen is a herbal supplement that contains ingredients that can improve sexual desire and performance, promote a healthy prostate and urinary system, prevent illnesses and increase blood circulation. Vascamen is taken as a daily supplement, not before sex.

Reclaim your sexual confidence

Vascamen is available from Dis-Chem, Clicks and your local pharmacy.



IMPROVED QUALITY OF LIFE

Consumer line: (011) 480-4916 or visit www.loockpharmaceuticals.co.za



THE SEX ISSUE 2015

#NOFILTER

HOW LONG IS TOO LONG? HOW SHORT IS LONG ENOUGH? AND WHAT IS "NORMAL" THESE DAYS ANYWAY? OUR SEXPERTS HAVE THE ANSWERS. DO YOU DARE ASK THE QUESTION?

Find the G-Spot
in Her Brain
/ P118

Step Into Her
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How Instagram
Is Changing
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MH Sex Survey:
How Do You
Measure Up?
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Get Sexual
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Our Agony Aunt
/ P136

STIMULATION OVERLOAD

Fifty Shades has had its day in the bedroom – the new sexual frontier starts at the brain. Prepare for neural fireworks

BY NICHIE HODGSON ●●

PHOTOGRAPHS JAMES LIGHTBROWN ●●

SEX HAS MOVED ON. AGAIN. WHEN EL JAMES INADVERTENTLY CAUSED a run on provincial La Senza stores with the invention of Christian Grey, she probably didn't appreciate the voraciousness of the sexual appetite she had awakened. Ultra-sensory sex, an underground trend now forging its way into the mainstream, is picking up where spank paddles left off.

When the lights are off, hyperstimulation can take the form of extreme heat, chill, pain or shock. Faced with such sensations, "the body first considers whether it's about to be harmed," says Jim Pfaus, professor of Psychology and Neuroscience at Concordia University, "because the nervous system is driven strongly in anticipation of distress. Once it has eliminated danger, it serves up a rush of adrenaline." And that means sex of higher intensity with heightened payback.

Harness the fear, unleash the hormones and introduce her to a range of sensations she never knew existed.

Ice Play

RISK FACTOR 0/5 EASE 5/5 NERVE STIMULATION 4/5

BUY TOVOLO KING CUBE ICE TRAY
(R180, YUPPIECHEF)

There are many reasons to keep your icebox well-stocked other than the obligatory pre-date VTs. Intense cold creates an intense skin-tingling sensation as blood forces vasodilation, the dilating of the veins as her body tries to warm up. "Dopamine and nor-adrenaline are released when we vasodilate," says Pfaus. "The effect is heightened when the sensation is unexpected, meaning blindfolds can be sex toys in their own right."

Crack open the ice as soon as things start to get heated. Or consider a vibrating ice massager, – essentially a sub-zero vibrator, it adds to the sensory thrill and stops you from feeling like an teenager with a full tray of ice cubes and a sopping wet sofa.



● EARLOBES /
Let the cube melt in your fingers, cover her eyes with one hand and let the cold water run onto her earlobes and along the face. You're aiming for the highest concentration of thermo-receptors on the body.



● BUM /
The Curving Curt Mystim Eletro-Sex Wand (R1 079, Matilda's) is safe enough for genital play, but you'd be missing out on a trick if you went straight for the naughty bits. Start with the bum, chest, thighs and stomach instead.



APPEAL TO
HER SENSES
and the
results will
be mental.



Electrolysis

RISK FACTOR 5/5 | EASE 2/5 | NERVE STIMULATION 5/5

BUY MYSTIM ELECTRO-SEX ELECTRODES (R174, MATILDA'S)

When you apply an electric current directly to a motor nerve, it causes the muscle to contract. (Think of it as a mini-orgasm.) In this case, the current also stimulates the sexual nerves as well as contracting the body, multiplying your orgasm.

Strap on the pads to both your bodies. "Sharing electrosex signals turns your bodies into electrodes, so you and your partner will feel tingles where your bodies touch one another," says sex educator Hella Walkington.

Hot Wax

RISK FACTOR 1/5 | EASE 4/5 | NERVE STIMULATION 3/5

BUY SHUNGA MASSAGE CANDLES (R314, MATILDA'S)

Your belle will be waxing lyrical tomorrow if you pull this one off, because candles come with a double dose of chemical love. From the moment you light the wick, both of your bodies begin their hormonal arousal. The anticipation of high heat meeting skin releases dopamine and norepinephrine, which, again, prepare it for pain. As soon as the liquid wax hits skin, the adrenaline starts to rush.

Introduce the wax when you're 10 minutes in to foreplay. Your nerve endings will be hyper-aroused, meaning more of a rush. Just make sure you use massage candles made with soy wax. "When you pour, it should turn to oil and stay warm, not scalding," says Allison England of Coco de Mer. The wax activates a pulse of psychoactive opioids, creating a double whammy of pleasure and pain.



● **THIGHS /**
Aim for areas adjacent to the most sensitive spots. Start with the forearms to test the temperature, then move on to the chest, stomach and thighs. Reserve nipples and genitals for the most masochistic of moods.



Clamping

RISK FACTOR 4/5 | EASE 2/5 | NERVE STIMULATION 4/5

BUY PINCH ADJUSTABLE NIPPLE CLAMPS (R284, MATILDA'S)

The most important thing to know about clamping is that it's the release that creates the sensation, not the pressure itself. So don't go in too hard! Bondage expert Midori explains: "Temporarily restricting blood flow creates a flood of sensory feeling when the blood flows back into the skin – plus the psychological sensation of relief." Before you attach the clamp to the skin, test it for comfort by attaching it to the fleshy bit between your thumb and forefinger. Even then, save this one until you're well in the throes of sex. **MAT**

● **NIPPLES /**
"Clamping around the areola is best," says Midori. "The nipple itself is too sensitive and pleasure is likely to give way to pain." Other erogenous zones are the inner thighs, back of the neck and any point from the centre of the arm point to the nipple.





WELCOME TO HER PLEASURE ZONES

*Her climax is a destination to drive towards together.
So invite her to come as you explore four new routes
to orgasmland*

BY LAURA TEDESCO ● ●

PHOTOGRAPHS MIKO LIM ● ●





NOT-SO VIRGIN
TERRITORY
Her body is
a wonderland
- explore it.

**"THE MORE AREAS YOU FIND THAT ARE SENSITIVE, THE
MORE OPTIONS YOU HAVE FOR WARMING UP HER BODY"**



Now, it's a controversial one: last year some researchers claimed that it doesn't exist and that all women's orgasms are alike.

Other experts – and lots of women – beg to differ, and they even go a bit further, claiming that several other hot spots can help bring a woman to the brink and push her over the edge. Either way, it's fun to test the theories.

Maybe you've found, or attempted to find, your partner's G-spot. (Hint: it's on the front wall of her vagina, about 2 to 3cm in.) In addition to that bedroom bull's-eye, researchers in Turkey have identified four regions that they call "deep vaginal erogenous zones".

In some women, all four can independently trigger an O, the Turkish study found. But even if your mate doesn't end up curling her toes, "it can be a bonding experience of adventure and exploration," says Yvonne Fulbright, author of *Touch Me There!* "The more areas you find that are sensitive, the more options you have for warming up her body."

Ready to start your search? Grab some lube, tear out this article (you may need it) and prepare to discover pleasure points that you and your partner never knew existed.

THE O-SPOT

8% of Women Are Sensitive Here

● ● FIND IT / Located her G-spot? Congrats! Rotate your finger towards the opposite wall and go a little deeper until you feel a spongy area on the back wall of her vagina. That's her O-spot. Has she been hesitant to try backdoor action? "The anal walls are rich in nerve endings, so stimulating the O-spot gives a woman a better sense of what might feel good on the other side of the wall," says Fulbright.

● ● AWAKEN IT / Once she's fully aroused, try the anchor-and-pull technique on her O-spot and her G-spot at the same time. "Put the backs of your hands together, with one palm facing up and the other facing down," says Jaiya. Then insert both index fingers inside her, simultaneously stimulating the front and back walls of her vagina. "Some women can ejaculate from that," she says. Another option: stimulate her O-spot with the classic come-hither motion.

THE A-SPOT

11% of Women Have Discovered It

● ● FIND IT / Follow the front wall of her vagina until just before you reach her cervix. There you'll find her A-spot, says Fulbright. Swipe your finger across it like a windshield wiper, says Jaiya, author of *Red Hot Touch*. If you feel "divots" on either side, you're too close to the entrance—that's her G-spot. Scoot in an inch or two.

● ● AWAKEN IT / The vagina responds only to pressure or movement, not touch, says sexual-health expert Dr Jennifer Berman, a co-host of *The Doctors*. So try what Jaiya calls the "anchor and pull". After tubing up and lots of foreplay, plant the padded part of your finger on her A-spot. If you can't reach it, use the end of a long, curved toy, like the Njoy Pure Wand (matildas.co.za, R1 889). Pull your finger across the front wall, towards you. "You know your efforts are paying off when she gets wetter," says Fulbright.

THE CERVIX

7.5% of Women Have Had a Cervical Orgasm

● ● FIND IT / With deep penetration, you can touch her cervix with your penis. "It feels sort of like the tip of your nose – firmer than the spongy texture of the vagina," says Dr Lisa Masterson of Cedars-Sinai Medical Center. For most women, the cervix sits 7 to 10cm in, but that's before arousal. "With engorgement, the cervix lifts up," Berman says, but you should still be able to reach it.

● ● AWAKEN IT / Keep track of her period: it's around ovulation (usually day 13 to 16 of her cycle) that cervical stimulation tends to be most pleasurable, says Jaiya. Circle her cervix with a finger or two; once you make direct contact, slowly glide over the area, applying firm, gentle pressure, until she feels a deep, almost total-body pleasure. If your finger isn't long enough, Fulbright suggests using a vibrator with a broad head; you want pressure, not poking.

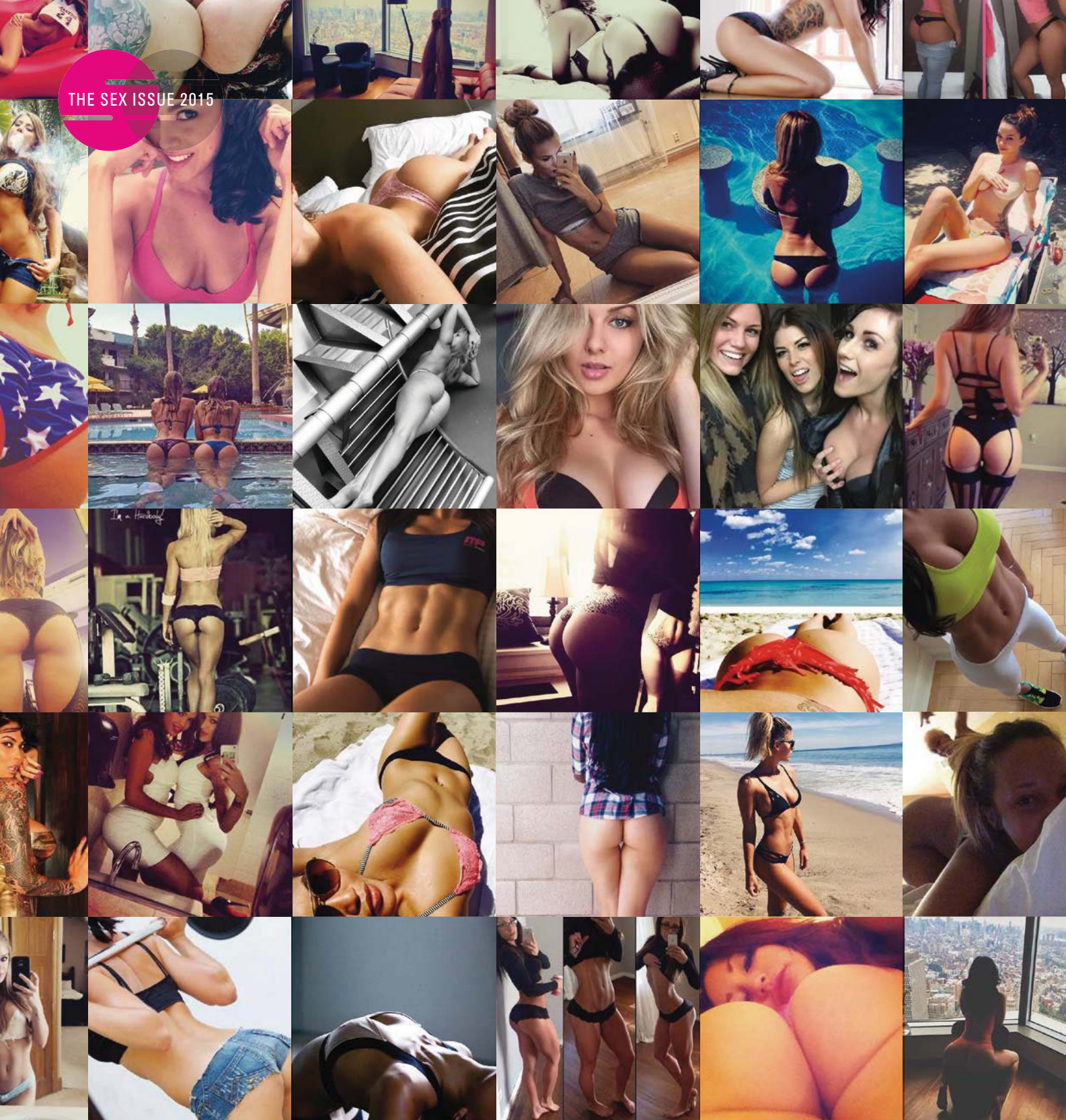
PELVIC MUSCLES

12% of Women Use Them to Climax

● ● FIND THEM / You can't touch her pelvic floor muscles directly, but you can activate them. "They encircle the vagina," Fulbright says, "and contract when she climaxes." A 2014 Brazilian study found that young women with strong pelvic floor muscles tend to be more orgasmic. Why? If these muscles are toned, they can tighten up during sex and not tire out, helping her finish, Masterson says.

● ● AWAKEN THEM / Your partner probably knows the most effective way – Kegel exercises, says Fulbright. Have fun with them: buy a set of Ben Wa balls (matildas.co.za, R374), which are like weights for her vagina. Lube one up, slip it inside her, and see if she can hold it in; add the second when she's ready. It's fun and arousing, and beyond strengthening her pelvic muscles, "the balls can roll over the G-spot and stimulate it," says Fulbright.

MAZ



THE SEX ISSUE 2015

#INSTA...DAMN!

Instagram is changing the way we look at each other – literally. Here's the who and the how for double takes and double-taps

MY MOST POPULAR PHOTO ON INSTAGRAM, BY A LONG SHOT, IS (SORRY, DAD) A PHOTO OF MY BUTT.

It's barely explicit – the word “cheeky” is apt in every way – yet in terms of users who have chosen to “heart” it with a double-tap, it blows away every adorable kitten, gorgeous sunset or decadent meal I've ever posted (and trust me, there are many, many kittens).

It seems a little hypocritical for me to bemoan what this says about where our minds are at. After all, I wouldn't have put it up if I didn't want people to look... or to like. Apps like Instagram give us the chance to curate and flaunt whichever aspects of our lives we choose, which can be an empowering position in a world where previously only the daily doings (and posteriors) of celebs garnered any real attention. That said, photo sharing on social media does come with its own set of rules for how to interact and engage.

See, there's a fine line between admiring her ass and being one. Get it right. Use these invaluable five Insta-etiquette rules:

Don't Like Every Picture

Unless you're close in person, what you construe as simple appreciation, she might find, well, kind of unsettling. This is especially true whenever someone randomly starts liking posts from five years ago. It screams: “Never mind me, just stalking your profile!” We're all creepy sometimes. Just keep it on the DL.

Keep Your Comments Appropriate

If you wouldn't say it to her face, don't say it on Instagram. This goes for the positive and the negative stuff. Don't like her new haircut? Keep it to yourself. Think her ass would look fantastic on your lap? Keep that to yourself too. Remember, there's a fine line between appreciation and objectification, and behind the pixels is a real person, probably groaning “ugh” at every new dumbass comment. Don't be that dude.

Icebreaker or Icemaker?

Tread carefully. That tiny screen has a way of making us forget that what we're seeing is only the portion of the person's life that they want to share. Spotting your Instagram crush coming out of the gym when she's all sweaty and feeling familiar enough to strike up a conversation (after all, she left an “x” after you commented on her bikini photo that one time...) is stepping over all sorts of lines and won't be appreciated nearly as much as your flattering comments on her photos are.

Establish Real-life Boundaries

Forget your InstaCrush for a sec, and remember your real one. In the old days – and I'm really only talking a couple years ago – your partner would find your secret stash of dirty DVDs or that well-thumbed pile of lad mags, and maybe she'd turn the other cheek or maybe it would turn into an argument with you insisting “but it's harmless” while she fumed about you ogling glamour models. These days the pervasiveness of Instagram has taken the guilt out of perverting, but not necessarily the potential for it to bum out your real-world significant other. I know she's got Matthew McConaughey's abs as her phone background, but still.

“WE'RE ALL CREEPY SOMETIMES. JUST KEEP IT ON THE DL”

Control the (Direct) Message

Oh wait, your InstaHoney is your actual waking-up-in-the-same-bed honey too? Good for you. And for her. For your collected hundreds of social media friends and followers? Ugh, not so much. Stop with the online PDAs already. That's what DMs are for. The same rules about appropriate comments apply: if you wouldn't vocally announce for all your friends and family to hear that she'd better be naked when you get home, don't go publicly announcing it on that cutesy couple photo she just posted. Her mom does not need to read that. **M+1**

ARE YOU A PERV?

YOUR INSTA-OGGLING MAY BE (MOSTLY) HARMLESS... BUT WHAT ABOUT YOUR OTHER KINKS? **MH** SEX ADVISOR PROFESSOR DEBBIE HERBENICK IS HERE TO SET YOU STRAIGHT

I got a bit aroused by a mannequin in an underwear shop. *Thomas, Cape Town*

Unless you're bidding on OLX for that hunk of plastic, your reaction is normal. Mannequins are meant to display lingerie in the most titillating way possible and make you imagine ripping it off your girlfriend's body. And it works! Research shows that we spend freely when we're aroused – just ask any stripper. So you're not a perv, but you might be a sucker if you reach for your wallet.

I'm 25, but I want to have sex only with women who are twice my age. *Thabz, Joburg*

Unusual? Well, yes. Perverted? Not quite. Liking older women isn't wrong; lots of men enjoy “age discrepant” relationships. What matters is how you feel about your attraction to them, so ask yourself if it bothers you. Also consider whether your desire conflicts with the kind of life you might want – say, a family with kids. If either of those issues gives you pause, hold off on SMSing Jennifer Aniston and make a date with a therapist instead.

I find sex with a woman hotter if she's wearing some clothes. *Sean, Durban*

That's not strange – that's Tuesday night. How else do you explain crotchless underwear or nipple-exposing bras? When she leaves a little something on, it makes sex feel more urgent. That feeling is deeply flattering. But there's a difference between liking and demanding. Try not to do the latter too often, or all she'll want to show you is the door.

I wish I were flexible enough to give myself a BJ. *Frans, PE*

Hey, why does a dog lick its privates? Because it can. If you could do that, you'd be a rare bird indeed: less than 1% of men can make mouth-to-penis contact. That was the conclusion of sex researcher Alfred Kinsey and his team after they interviewed thousands of men. You'd need extreme flexibility or a very long penis. So it's a harmless fantasy, and your desire isn't weird; Will Ferrell did a whole *SNL* yoga-class skit on it. Dream on.

OTHER SEX SCORE

We asked 2 560 red-blooded South African men and women to share their sex secrets so you can see how you measure up

Our annual *Men's Health/Women's Health* sex survey is always full of surprises. So what were some of the highlights from this year? From the 1 446 guys polled, we learnt that South African men are confident – their second biggest fear when having sex with someone for the first time? Nothing.

THEY'RE ALSO PATIENT, EXPECTING ONLY TO HAVE SEX WITH A NEW partner “when she’s comfortable” (only 8% said on the first date). Oh, and they don’t believe in monogamy. Despite the majority of the respondents being married or in a long-term relationship, just over half said they don’t believe humans are designed to be monogamous. That doesn’t mean the South African man abides cheating: 55% said they wouldn’t take their partner back if they cheated. And while the male and female respondents agreed on some things – the length of foreplay (20 minutes), how they’re meeting prospective partners (through mutual friends), that sex toys *do* have a place in the bedroom and that they *don’t* want to know how many people their partners have slept with – of the 1 114 women polled, 73% would not take their partner back if he cheated.

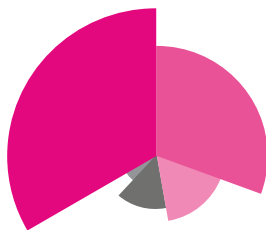
The good news? South African women want more sex. In fact, they’d like to double the number of times they’re having sex per month. They’d also rather have sex than a new pair of shoes or a gourmet dinner, and would choose sex over getting or giving oral sex if they had to pick one for the rest of their lives. And the majority of women surveyed say they feel comfortable naked. Good news indeed.

It’s clear there is more sex to be had. We’ve interrogated the answers so you know how you score to give you a leg up (and hopefully over) in the sex stakes.

ONE

(I CAN'T GET NO) SATISFACTION

HOW HAPPY ARE YOU WITH YOUR SEX LIFE?



35% Happy
29% Very happy
13% Unhappy
8% Not happy at all
15% Extremely happy

VERY SATISFIED MEN ARE MOSTLY...

Between 31 to 35 years old
In a long-term relationship
Having sex one to three times a week
Masturbating once a week
Watching porn less than once a month
Watching porn on their own.
(But 36% watch with their partner, and 20% don't watch at all.)

+ VERY DISSATISFIED MEN ARE MOSTLY...

Between 26 to 30 years old
Single
Having sex less than once a month
Masturbating three times a week
Watching porn less than once a month
Watching porn on their own.
(But 11% watch with their partner, and 13% don't watch at all.)

MOST SATISFIED MEN WISH THEIR PARTNER WOULD INITIATE MORE, BUT...

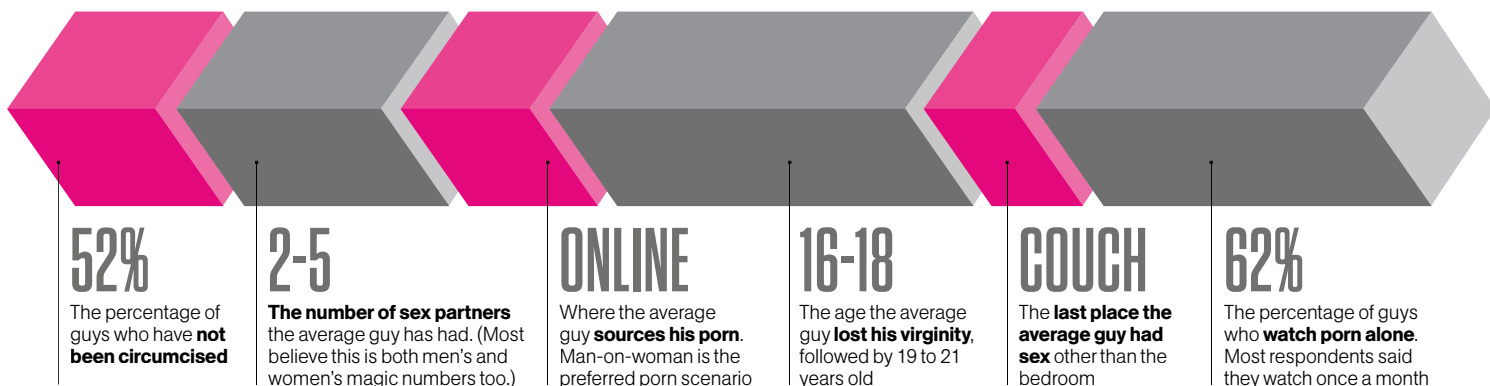
28% wish their partner would be more kinky and adventurous
23% wish their partner would get into something more hardcore
7% would like more intimacy

+ MOST DISSATISFIED MEN WISH THEIR PARTNER WOULD INITIATE MORE, BUT...

27% wish their partner would be more kinky and adventurous
4% wish their partner would get into something more hardcore
12% would like more intimacy

- ▶ ...in 25 South African men masturbate more than once a day
- ▶ ...in 4 guys have gone to a strip club with their mates
- ▶ ...month is the longest the average guy has gone without sex
- ▶ ...in 10 guys have had sex at work
- ▶ ...to 3 is the number of times the average guy is having sex per week

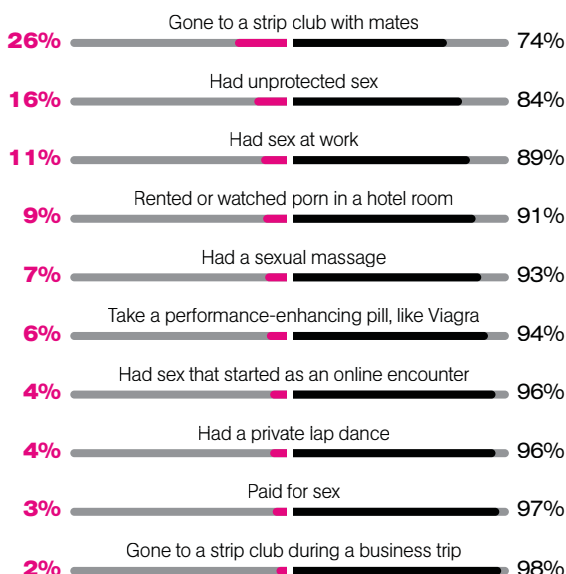
THE AVERAGE SOUTH AFRICAN GUY



YES

WHICH OF THE FOLLOWING HAVE YOU DONE?

NO



WOULD YOU BE WILLING TO TAKE A PARTNER BACK IF SHE CHEATED ON YOU?



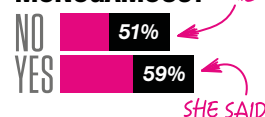
55% No
37% Yes, but there'd have to be a few conditions
8% Yes, I'd take her back unconditionally

WOULD YOU THINK LESS OF A FRIEND IF YOU FOUND OUT HE WAS CHEATING?

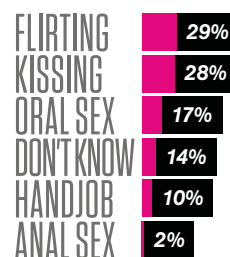


37% "I prefer not to judge my friend's personal affairs"
25% "Yes, because it's wrong"
24% "It depends, there could be issues to take into account"
14% "No" or "I don't know"

ARE HUMANS DESIGNED TO BE MONOGAMOUS?



HOW FAR WOULD YOU GO WITHOUT DEFINING IT AS SEX?



THE NATION'S FAVOURITE SEX POSITION IT'S A TIE! DOGGIE STYLE AND MISSIONARY WITH HER LEGS UP

BLOEM: MISSIONARY WITH HER LEGS UP, CAPE TOWN: MISSIONARY WITH HER LEGS UP, DURBAN: DOGGIE STYLE, JOBURG: MISSIONARY WITH HER LEGS UP, PRETORIA: DOGGIE STYLE, POLOKWANE: WOMAN ON TOP, PE: MISSIONARY WITH HER LEGS UP

HER FAVOURITE POSITION
WOMAN ON TOP

DOGGIE STYLE CAME
IN SECOND PLACE

20 MINUTES

How long the average guy thinks foreplay should last.

THE MAJORITY OF WOMEN AGREE.

Despite the correlation, rushing foreplay was the top complaint in the bedroom from the women's results. But this is down 3% from last year's poll, which means **PROGRESS.**

The Single Mingle: By the Numbers

DO YOU USUALLY WEAR A CONDOM WHEN HAVING SEX?

YES



67%

NO



17%

I just don't like wearing them

NEH



15%

I'm in a committed relationship and don't need one

"ONLY WHEN SHE'S COMFORTABLE"

When the majority of men expect to have sex with a new partner.

2-5

The number of partners the majority of single men have had. The second highest response was "too many to count".

1-3

The number of one night stands the majority of single men have had.

WHAT SEXUAL SUPERPOWER WOULD YOU MOST WANT?



47%

The ability to get any woman into bed

35%

Lasting longer

18%

A bigger penis

WHO INITIATES SEX?



53%

A bit of both

45%

I do

2%

My partner

CAPE TOWN: CITY WITH THE BIGGEST WANKERS

The Mother City had the most respondents claim that they masturbate 7 times a week. Joburg men masturbate the least as they have the most respondents who claim they masturbate only once a week.

▼ **PRETORIA**

THE CITY WHERE MORE PEOPLE ARE GETTING THE LEAST SEX: LESS THAN ONCE A MONTH

▼ **CAPE TOWN**

THE CITY WHERE MORE PEOPLE ARE GETTING THE MOST SEX: ONE TO THREE TIMES A WEEK. MORE CAPETONIAN RESPONDENTS ALSO REPORTED HAVING SEX EVERY DAY

▼ **DURBAN**

THE CITY, TIED WITH CAPE TOWN, WITH THE MOST MEN WHO'VE HAD UNPROTECTED SEX. IT'S ALSO TIED WITH PRETORIA FOR THE MOST SEX THAT STARTED AS AN ONLINE ENCOUNTER

▼ **JOBURG**

THE CITY WITH THE MOST MEN WHO HAVE USED PERFORMANCE-ENHANCING DRUGS

Rock of Ages

HAVE YOU SLEPT WITH SOMEONE MUCH OLDER?

HE SAID

YES

NO

57%

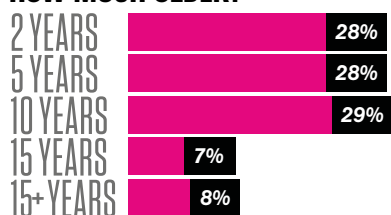
43%

SHE SAID

60%

40%

HOW MUCH OLDER?



HAVE YOU SLEPT WITH SOMEONE MUCH YOUNGER?

HE SAID

YES

NO

71%

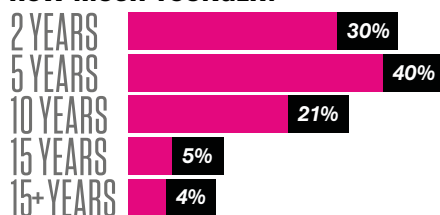
29%

SHE SAID

25%

75%

HOW MUCH YOUNGER?



21-25

The age group with the most respondents who claim to have sex

"EVERY DAY"

Ironically, it's also the age group with the most respondents having sex

"LESS THAN ONCE A MONTH"

31-35

The age group with the most respondents that claim to have sex

"FOUR TO SIX TIMES A WEEK"

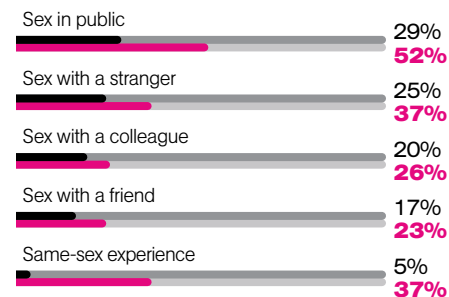
45+

The age group with the most respondents who claim to have sex

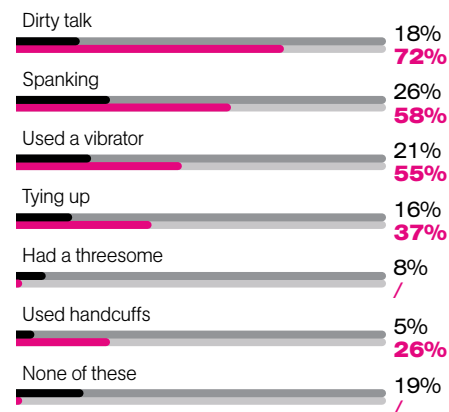
"TWO TO THREE TIMES A WEEK"

WHICH HAVE YOU FANTASISED ABOUT?

• HIM
• HER



WHICH HAVE YOU DONE IN BED?



FEAR FACTOR

Not satisfying her was the average guys greatest fear during sex. When it comes to having sex with someone for the first time, the average guy is most anxious about not being great in bed.



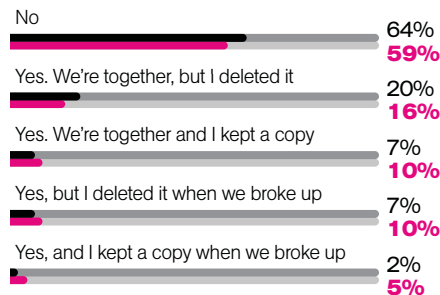
*6 men answered "their wives"

CELEBRITY SEX CRUSH THE TOP 10 CELEBRITIES THE AVERAGE GUY WOULD LIKE TO HAVE SEX WITH*

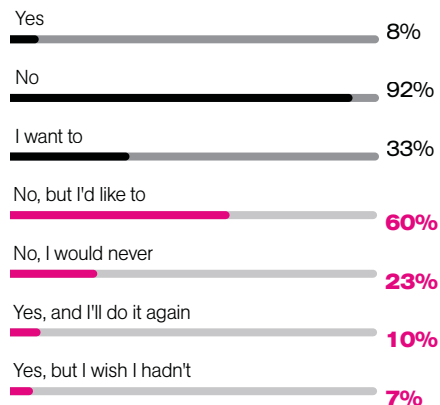
JENNIFER ANISTON SCARLETT JOHANSSON ANGELINA JOLIE MILA KUNIS
RIHANNA MEGAN FOX KATE UPTON NICKY MINAJ BOITY THULO EMMA WATSON

HAVE YOU EVER FILMED YOURSELF HAVING SEX?

• HIM
• HER

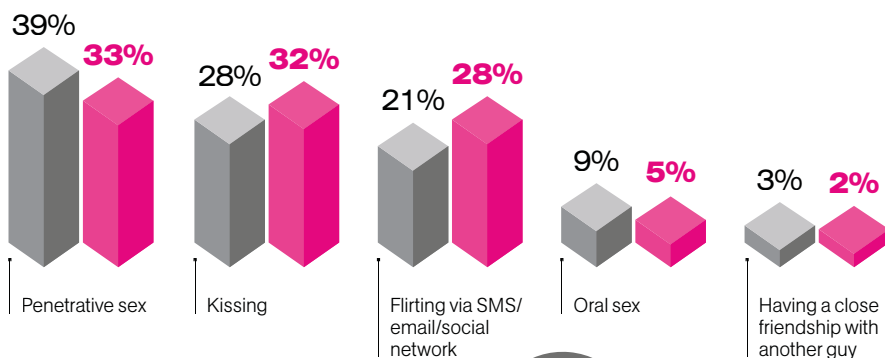


HAVE YOU EVER HAD A THREESOME?



WHAT DEFINES CHEATING?

• HIM
• HER



Women's Health sex survey snapshot

READ HER MIND: THE SURPRISING STATS

- ▶ **INTERCOURSE** comes first for the majority of women, before getting or giving oral sex, when seeing someone new
- ▶ **70%** of women have had unprotected sex, with 45% having taken the morning-after pill
- ▶ **47%** of women hide that they masturbate and 34% of women hide that they fake orgasms
- ▶ The majority of women agree that porn is a healthy addition to a healthy sex life and **36%** watch it with their partner
- ▶ **60%** of women have not had a threesome, but would like to, and 37% have fantasised about a same-sex experience

MEN VS WOMEN

WHAT'S THE LONGEST YOU'VE GONE WITHOUT SEX?

29% A: 1 Month **24%**

HOW MANY TIMES A WEEK DO YOU MASTURBATE?

33% A: Once **31%**

HOW MANY SEXUAL PARTNERS HAVE YOU HAD?

13% A: One **14%**
24% A: Too many to count **5%**

HOW OFTEN DO YOU FAKE AN ORGASM?

72% A: Never **44%**

HOW MANY ONE-NIGHT STANDS HAVE YOU HAD?

28% A: None **47%**
34% A: One to three **36%**

ORAL SEX

50%+

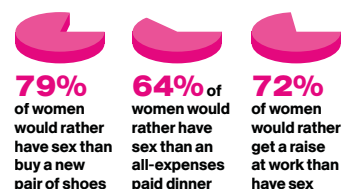
More than half of the respondents have given oral sex while driving

RECIPROCATE

The majority of women are giving oral sex so that they'll get oral sex in return



The majority of women (40%) rated their **sexual performance** a 4 out of 5



- ▶ **20%** of women are extremely happy with their sex lives, rating it a 5 out of 5. **26%** rated it a 4 and the majority (**31%**) rated it an average 3
- ▶ **FLIRTING** via SMS/email/social networks came in above kissing to define cheating
- ▶ **45%** always orgasm during sex with their partner; **41%** sometimes; **8%** not often and **5%** never
- ▶ Completely bare or trimmed regularly are the most popular pubic hair styles, with au naturel only gaining **5%** of the votes
- ▶ Women want more sex. The average women is having sex one to five times per month, but the majority wants **11 TO 20 TIMES** per month

HER BIGGEST SECRET?

"I FANTASISE ABOUT OTHER PEOPLE"

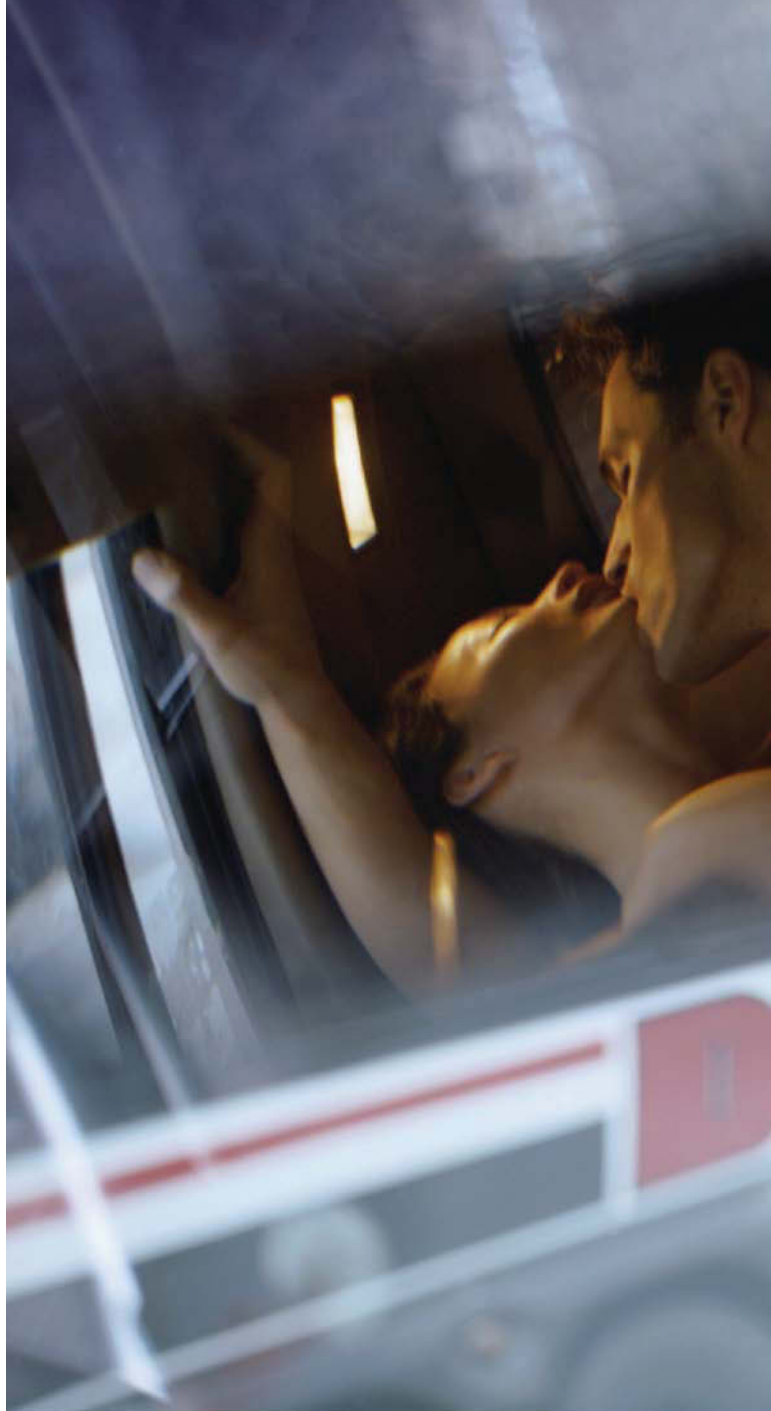
MEN'S HEALTH SPECIAL REPORT

THE LOWDOWN ON HOOKING UP

Are we really hooking up more than ever, or are we just finally talking about what everyone's been doing for years?

BY MANDY MAY ●●

AH, THE WALK OF SHAME. I RECENTLY FOUND MYSELF TIPTOEING out of an almost-stranger's hotel room, high heels in one hand, iPhone tracking the progress of my Uber in the other and last night's creased cocktail dress looking even more obscenely sparkly by the light of the early Saturday morning sun. I pressed myself up against the wall as a neat-looking man – well, certainly neater than my state of dishevelled hair, smudged make-up and bare feet – lugged his bag up the flight of stairs my hangover was gingerly co-piloting me down. Our eyes met. I was struck by a sense of... well, indifference. That moment spoke volumes about everything that had gone down the night before, but if I'm honest about it, I feel more shame about not paying my TV licence (hint: not much). And really, after a night of great no-strings sex, knowing that I was going to return to my place, alone, and sit around in my comfy panties without having to worry about impressing anyone... Hell, if I could've moon-walked down to my taxi just then, I would have.



RIGHT HERE AND NOW
Racy escapades are
more old-fashioned
than you'd think.

Instead, "Live tweeting my Walk of Shame", I declared triumphantly on Twitter. Even at that godforsaken hour on a weekend morning, the stream of notifications that my tweet had been favoured by other users was almost instant, a cyber high-five of sorts to my frisky Friday night. What a time to be alive, right? Well, yes and no. Sure, getting a taxi home is easier than it used to be, and so is gloating, should you kiss and tell, to a few hundred (in all likelihood, likeminded) peers on the social media platform of your choosing. But would I have made the choice to hook up with this dude 10 years ago, 20 years ago, even a hundred years ago? Or is it some sort of symptom of our hands-free times? Believe it or not, nothing has really changed.



What About “Hook-Up Culture”?

I’ll be the first to admit that if you told me people were hooking up now more than ever, I’d accept it almost absolutely. Ask me for evidence and the first thing I’d point to is the one thing we’re all fixated on and that none of us seem to be able to do without: no, not sex, but our smartphones. The continued development and soaring popularity of apps like Tinder, Snapchat, Kik and countless others like them – some intended for the sole purpose of identifying prospective casual partners – must mean that there’s a growing meet market for fleeting flings, right? With all the tech we have at our fingertips, it’s as if we are able to bypass all the awkwardness of the dating process. Instead we can “swipe right” for a shot at instant gratification, at least in the most physical interpretation of the term.

Then there’s the other side of how technology is influencing our perception of how much we are (or could be) hooking. The Internet is awash with clickbait headlines despairingly prophesising the demise of traditional, supposedly wholesome relationships: “Dating: Is It Dying Out?” “Hooking Up Leads to Heartbreak”. “How an Entire Generation Forgot How to Date.” “Why We Need to End Hook-Up Culture.”

Depending on your stance on casual sex – a pretty polarising subject at the best of times – this could be either a revelation and you’re downloading Tinder as you read this or, if you’re looking for love, a disaster.

Hook-up culture, you say? Donna Freitas, author of *The End of Sex: How Hookup Culture is Leaving a Generation Unhappy, Sexually Unfulfilled and Confused About Intimacy* – as you may have guessed from the title – is an advocate of the theory that casual sex is a disaster. She defines a hook-up as an encounter that involves sexual intimacy (“anything from kissing to sex,” she says), is brief and doesn’t involve emotional attachment. A hook-up culture, therefore, is one that is accepting and even encouraging of casual physical intimacy without long-term commitment. Sound about right? Well, less straightforward are the implications of this apparent whirlwind of erratic erotic encounters.

“Hook-up culture”, as an idea, has become an easy scapegoat for the millennial generation’s apparent propensity to fear commitment, avoid relationships or value physical intimacy to such a degree that it has come at the cost of emotional availability. Can’t get a date? Blame hook-up culture. Person you’re interested in suddenly isn’t returning your messages? Damn that hook-up culture for ruining your prospects. Books such as Freitas’ (as well as all those clickbaity articles) are enough to leave anyone convinced that the youths of today are willy-nilly shredding the moral fabric of society. Suddenly it seems like casual sex is the new black, and if you’re not DTF, well, then, too bad for you.

History of the Hook-Up

Let’s be blunt here: humans have probably been “hooking up” sans commitment ever since they first discovered sex. Hooking up as a perceived cultural phenomenon isn’t exactly a by-product of our current fast-paced lives and fandangled new tech either. “Casual sex” has been part of western pop culture since... what, the early 20th century? The 20s? That’s almost a hundred years ago. There’s nothing new about this,” says local sex blogger Dorothy Black. “The prevailing Western attitude is: look how awesome and edgy we are about being sexually edgy – just like our great-grandparents were.”

In a review published in the *American Psychological Association’s Monitor on Psychology*, evolutionary biologist Justin Garcia highlights the technological advances of the 20s – particularly cars and movie theatres (and, along with this visual media, some of the first images of erotica finding their way into pop culture) – as being responsible for bringing young couples out of the homes of their parents. This, he writes, meant that “traditional models of courting under parental supervision began to fade”. Even if this is where we care to start documenting “hooking up”, it backs up Black’s view that it’s pretty much last century’s news.

Garcia goes on to say: “Young adults became even more sexually liberated in the 60s, with the rise of feminism, growth of university party events, widespread availability of birth control (condoms and oral contraceptives) and deposing of parental expectations as central to mating.” Let’s just put this into perspective. For many of you reading this, that’s your parents’ generation, the same people who were tutting “Kids these days” when you were exchanging pixelated profanities with other hormonal teens on IRC.

Fast-forward to the present day. Black’s take on Tinder is that “it’s a great media soundbite spawning hundreds of thousands of clickbait articles about casual sex, without changing anything fundamental about the hook-up process. Except, possibly, to make it easier to find new bodies than going through a boring and expensive dating process and less tacky than going to sexfind.com.” In short, it may be less of a long shot than sending drinks down to that cutie at the end of the bar, hoping that she’s thinking what you’re thinking (nudge nudge, wink wink), but it doesn’t mean that strangers weren’t doing exactly that before smartphones came along and took all the guesswork out of it.

Now and Then

Last year, in a study published in the *Journal of Sex Research*, University of Portland researchers compared data from a survey on sexual practices from two different points in time: 1988-1996 and 2004-2012, tabulating the sexual behaviours of all 18- to 25-year-old adults who participated.

Their findings were surprising – if, like Freitas argues in her book, you believe we're seeing a pattern of more sexual partners with less commitment than ever before. Turns out that compared to students from the 80s and 90s, who, you know, still had to talk on the phone and, like, buy their dates dinner and stuff, students today were not reporting having sex more often, nor did they report more notches in their bedposts.

So the year is 2015 and we're still having the same amount of sex as always? The stats don't lie. Black says casual sex is "no more visible than before. I think maybe it's just expected more now from everyone – whereas not everyone is comfortable with this." It sounds plausible, yet at the same time we live in a society where "slut-shaming" and negative discourses around promiscuity are still so prevalent.

Black says hook-ups are never going to go out of fashion, as they're not a trend. "People have sex with people without much emotional involvement until they find someone they want to be more intimate with, and then they try a relationship that involves one or more people. It's pretty much that normal, but I guess every teen needs to be wackier and crazier than their parents, so we call it something and pretend it's a big deal while simultaneously adhering to moral judgments and labels, like promiscuity."

For clarification, I turn to Dr Zhana Vrangalova, a New York-based sex researcher, Human Sexuality lecturer at NYU and writer who focuses specifically on the science of casual sex. She also is the creator of *The Casual Sex Project*, a website where anyone anywhere in the world can anonymously log their hook-up. Turns out we're not just limited to using the free Wi-Fi in our local coffee shops to browse Tinder as casually as we're browsing the breakfast menu; now we can even use that connectivity to document our hook-ups (and I'm not talking just my Twitter brag)... for science, of course. The "About" link on the site describes it as "a collaborative effort to share our true stories of casual sex experiences or hook-ups of all kinds: one-night stands, friends-with-benefits, short flings, f**k buddies, booty calls, sex with an ex... As long as it's sex with someone you aren't in a serious dating romantic relationship with, we want to hear it!" Importantly, the site, which aims to demystify casual sex, allows those sharing their stories to report how positive or negative the experience was – Vrangalova mentions in one interview that the logs are about 75% positive.

Wait, 75% positive? Vrangalova's research is some of the most widely cited in terms of kickback to the proposed hazards of casual sex. I email her to ask her about prevailing global attitudes to hooking up and casual sex, and her response sums up, perhaps perfectly, just how muddy the waters really are. "The world is a big place," she starts. "I don't think there's one global attitude around casual sex. Some countries (eg. in Western Europe) are positive about it, other countries (eg. in the Middle East) are strongly opposed and most others are somewhere in between. Even within the same country, especially big ones like the US, there are many regional differences. That said, overall attitudes have become more liberal, and more people are becoming open to it than ever before. Yet, its greater visibility has also created some pushback. So I'd say right now, we have a love-hate relationship with casual sex. We do it – and want to do it – while we often feel we shouldn't."

She argues that "in each local environment, there's a certain amount of hooking up that's considered acceptable. Pass that threshold, and you

risk being judged as immoral, sick, or 'damaged goods'." And what role does she think apps like Tinder or dating sites play in propagating this sentiment? She says, "Apps certainly contribute to liberalising values by putting hooking up in the public eye. It's harder to ignore or demonise something that everyone seems to be doing."

Interestingly, the University of Portland study did show one major difference between students today and those of the 80s and 90s: today's students are more likely to report having had sex with a friend (71.0%) compared to past students (55.7%).

Here's another fascinating snippet: according to data assembled by CityLab and the Martin Prosperity Institute, for the first time since the United States government began tracking this data in 1976, the proportion of single adults in the US outnumbers married ones. The South African 2011 Census indicates that more young couples are cohabiting and waiting longer to walk down the aisle here too.

While many factors may play a role (be they as simple as waiting to get married for economic reasons), what this does clarify is that relationships aren't simply a matter of "in" or "out" – there's a spectrum of involvement that may be wider than we previously realised.

Subsequently, it's the narratives around dating that are changing, the ways in which we relate to each other and the plethora of less conventional relationship options that our constantly updated discourse around sex and love is leaving us feeling freer to explore. Meeting someone, settling down, getting married and having kids is only one of myriad

increasingly socially acceptable paths to explore. It's not some sort of fad that stops your friend with benefits from becoming anything more, but maybe that new wave of empowered singleness does mean that we've stopped looking for excuses to defend our lack of real feelings.

"I guess the term 'hook-up culture' tries to trivialise these interactions as throw-away experiences to buy into what I call the 'culture of whatever'," says Black. "I feel it's monogamy that's being demonised... which is why we don't like to 'date', praise invulnerability and talk about hook-up culture – as opposed to just 'students who want to have a lot of sex', which is where the term was coined."

Along with the fluctuating terrain of the dating world has come a change in the way we

speak about our interactions, which can also feed the sense that somewhere out there your friends are having a lot more meaningless sex than you are. It's important to go back to Freitas' definition of "hooking up". It's not just penis-in-vagina that qualifies – even kissing makes the cut. One the one hand, the ambiguity of the term does take the wind out of the sails of the hook-up culture alarmists, but it also highlights the fact that whatever conversation we've started is also in the process of being refined and redefined.

The Case for Casual Sex

So why does uncommitted sex keep finding itself in the spotlight? It's not the sex that's the problem (surely a hundred years of evidence is enough?), but the moral panic around it. "We have to understand and accept that casual sex is not all bad all the time," says Vrangalova. "It has its pros, just like its cons, and it is possible to do it in a way that's healthy and respectful for everyone involved. It's not for everyone (nothing sexual ever is), but there are some people for whom it really plays a positive role in life."

One of Vrangalova's studies, published in *Archives of Sexual Behavior*, found that, far from leaving you depressed or lowering your self-esteem (supposed cons often attached to casual sex), no-strings sex, such as a one-night stand, can actually have the opposite effect, boosting life satisfaction and even reducing anxiety. She also lists sexual exploration,

"HAD I KNOWN HOW
AMAZING TINDER IN
LONDON WOULD BE,
I WOULD'VE BOOKED
A LONGER HOLIDAY"



pleasure, orgasms, fun, new skills, social connections, emotional fulfilment, self-confidence and boredom alleviation as potential benefits of hook-ups. “That doesn’t mean that every hook-up will have such positive effects, or that everyone who hooks up will experience these effects, but they’re all possible,” she adds.

So what’s the catch? Vrangalova says it’s all about motivation. In her *Psychology Today* blog she details the difference between autonomous (“right”) motives and non-autonomous (“wrong”) motives: a positive casual sex experience is informed by such things as wanting the fun and enjoyment, wanting to explore and learn about your sexuality and believing it is an important experience to have, she writes. She lists wanting to feel better about yourself or to avoid other unpleasant feelings, wanting to please someone else, hoping it will lead to a long-term relationship and being too intoxicated to make a responsible decision as some of the possible “wrong” motivations that can lead to a negative experience.

Post-Casual Sex

A single friend of mine recently took a trip to London. “OMG,” he exclaimed on his Facebook page, “had I known how amazing Tinder in London would be, I would’ve booked a longer holiday.”

Here, on our Southern-most tip of Africa, no matter how globally savvy we become, we’re still living in proverbial villages – even if just in terms of the likelihood of bumping into your awkward Tinder date from last week at a dinner party somewhere. With our changing dating mores, is there a new set of expectations and perhaps even a new hook-up etiquette? “That’s one thing I think we still haven’t figured out yet as a generation of young people,” says Vrangalova. “Hooking up is still

stigmatised enough that there are rarely practical discussions about how to do it well. So people often end up doing it badly, in a way that’s either unhealthy for themselves or disrespectful to their partners.”

She goes on to explain that yes, the post-hook-up moment can be awkward for people. “But I think that’s almost always a result of a poorly executed interaction – for example, people weren’t honest about their intentions, didn’t communicate their desires or boundaries, didn’t respect each other’s limits, didn’t try to provide pleasure to their partners, etc. It’s definitely possible to be a ‘player’ and a gentleman/gentlewoman, as long as you’re honest, giving and respectful.”

Black succinctly echoes these sentiments: “People need to make the mental adjustment not to separate their sex lives from their actual lives. Casual sex is just sex. We make it something and add issues with the ‘casual’ prefix. The only ‘etiquette’ is the etiquette adults should be learning across all sexual and love relationships: boundaries, honesty, communication and taking responsibility for their own actions.”

This brings me back to my initial question: am I doing it right? The reality is that there’s never going to be a time where everyone’s emotional or sexual needs are in sync. There are always going to be people who don’t want to settle down, who do want to date, who see no problem sleeping with someone they’ll never meet again or who do believe that sex should only occur within a loving and committed relationship.

There is no right or wrong, there is no “but all the cool kids are doing it”, and there is no “hook-up culture” invalidating real intimacy. What there is, is the need to work out what you want from your interactions with others and to communicate these desires honestly, clearly and without fear of judgment.

MH

THE AGONY AUNT AND THE ECSTASY

From hidden erogenous zones to Tinder protocol, our carnal expert has all the answers to your most wanton quandaries

BY NICHIE HODGSON

ILLUSTRATIONS SATOSHI HASHIMOTO

Her phone sees more action in the bedroom than I do. How can I get in on her screen time?

MICHAEL, 36, JOBURG

Getting busy between the sheets is gradually becoming code for answering after-hours work emails. This might be great for our careers but it's a sad state of affairs for our personal lives. UK researchers found that 81% of us keep our smart-phones to hand at all times, so join me in harnessing your Wi-Fi connection to disrupt your sleep for all the right reasons. Jennifer McEwen, co-founder of the sex app store MiKandi, recommends apps that are designed to interact with sex toys. Try the We-Vibe couples vibrator (R1 482, passionfruit.co.za) or the OhMiBod massager (R1 549, matildas.co.za), which pulse in time to music and can be operated by one partner via WiFi or Bluetooth to tantalise the other.

And if you're both feeling particularly adventurous, download Down (free on Android). This app allows you to see which of your Facebook friends are interested in hooking up. You don't need to make it a ménage à trois, but you might just get a vicarious thrill from discussing sexual misdeeds and predilections with a third party.

TAP THERE
To get her really tweeting, bring your phone into play.

GOT FOMO?
If you can't keep your eyes on one prize, you're missing out.



I'm over Tinder hook-ups, and all this right-swiping is actually starting to get me down. Is that normal?

LEBO, 28, JOBURG

Hook-ups are like takeaways: either you're the kind of man who relishes his usual from a trusted pizza spot, or variety is your spice of life. According to NYU researchers, it depends on your "sociosexual orientation inventory" (SOI). Those with a high SOI derive a self-esteem boost from sex without commitment. Since you crave more than a fling, you probably have a low SOI; rather than inflating your ego, your expanding contacts list is wearing you down. Spare yourself (and thumbs) the stress of swiping and stick to one partner.





After recent "gymnastics", my girlfriend has hurt her back. Is sex now off the table?

ERIC, 28, SOUTH COAST

All is not lost. But, as with any sport, getting your form right is crucial. Professor Stuart McGill, a back specialist at the University of Waterloo, used *Avatar*-style green screen tech to measure how couples move during sex in five common positions. According to his team, the key is to identify her type of back pain first. If she experiences increased discomfort when she sits for too long, she'll likely have spine-flexion triggered pain, so doggy style will help her back fare better. If her pain is triggered by bending backward then swap spooning for the missionary position. Which of you is on top makes a difference too. Be a gentleman and minimise her work by taking the top position, as she lies on her back with a pillow supporting her lower back. If she's keen to take the lead, then she needs to keep her spine in a neutral position and create the action with her hips. Oh, and a side note: if you really want to help her out without putting her out, I'd advise you go down on her. The orgasm is a natural analgesic, after all.

UNCHARTED
WATERS
...harbour
hidden
treasures.

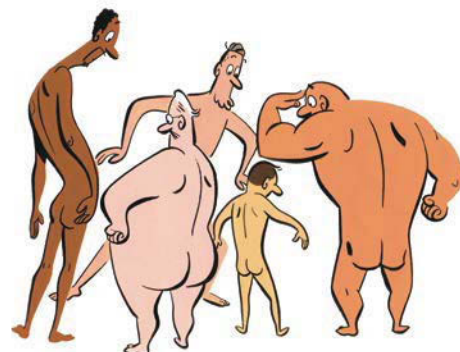
"AS WITH ANY SPORT,
GETTING YOUR FORM
RIGHT IS CRUCIAL"

*NICHIE HODGSON IS AN AUTHOR, ACTIVIST AND EX-DOMINATRIX

Tonight's the big night with my new belle. How do I get her to believe good things come in small packages?

DANIEL, 22, PRETORIA

Big news: recent UCLA research suggests your worries might be unfounded. It's not length that women care about, but girth. Still anxious? Before you throw cash at a penis-pump ad, try a tight-squeeze missionary: hold her legs up at 90 degrees from her body and keep them together as you penetrate. If she wants to ride you, compensate with clitoral stimulation – and a few ego-boosting remarks about how she looks. After all, there's a strong positive-perception correlation between her feeling great and your size.



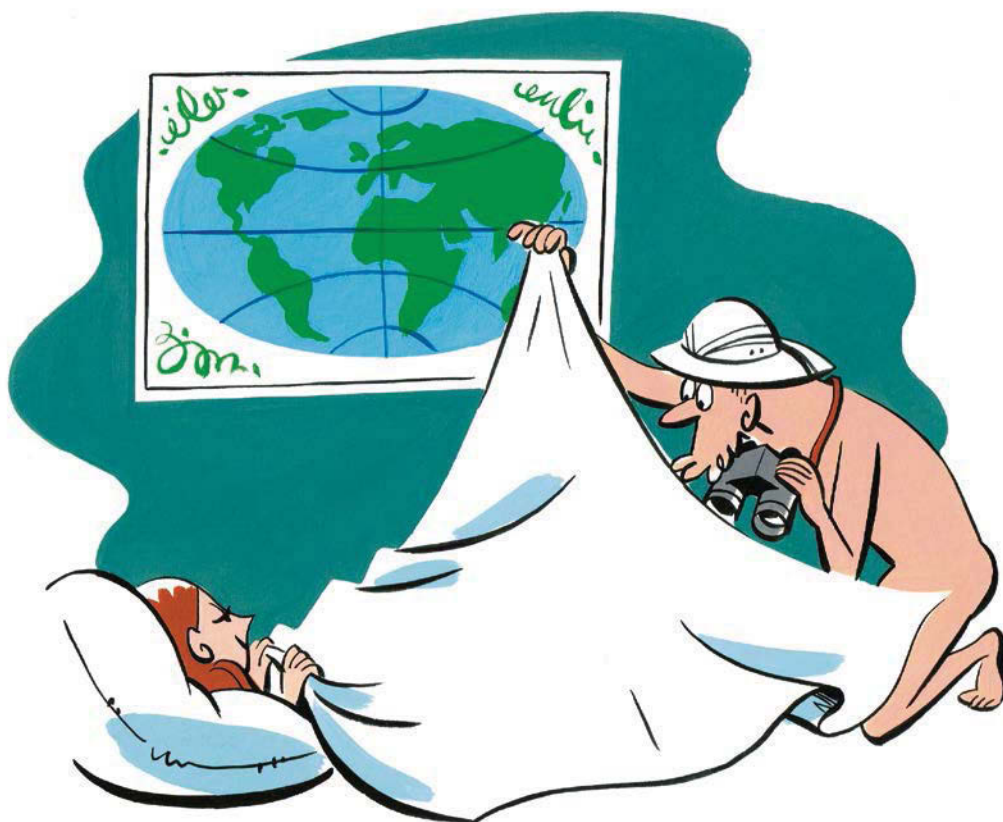
I'm *au fait* with the Cape Town and Durban of erogenous zones. Where are her lesser known hot spots?

THABANG, 34, BLOEMFONTEIN

Well, intrepid explorer... the reality is both men and women share many of the same well-trodden destinations, according to Bangor University. Chiefly: the lips, nipples, buttocks, inner thighs, ears, navel and – naturally – genitals. That said, San Francisco-based sex educator Midori has a couple of hidden-gem suggestions for those who want to get off the beaten track. "While we celebrate neck-kissing, we often forget to take it right round to the nape, at the base of the skull. Giving that

region a gentle bite or finger nail scratch can send shivers down her back." And below the belt? "Try just inside of the hip bone, those spots where your fingers press during doggie-style. Applying pressure there will shoot zingy sensations across the pelvis and down to the clitoral legs (the body of the internal clitoris is made up of two legs, which erect toward the spine). Try slow, circular movements – ask her to tell you when you hit the mark." Go forth and be bold.

MH





THE KNIT

A **chunky cable-knit jersey** is more rugged and manly than a cardigan or light V-neck top. Smarten it up with a peacoat, white shirt and dark jeans. It looks good as a top layer too – just make sure you've bundled up enough underneath.

CABLE-KNIT JERSEY
R2 800 SCOTCH & SODA
RING R249 (PACK OF 3)
TOPMAN

FRISKY BUSINESS

Eight style classics
that'll look as good on you
as they do on her (or her
bedroom floor)

BY AZEEZ JACOBS
PHOTOGRAPHS DANIELLA MIDENGE





THE WATCH

With a rose gold bezel, steel case and brown alligator strap, this timepiece is the dictionary definition of understated, masculine taste. It's an investment she's sure to appreciate.

SUNGLASSES R1,750
EMPORIO ARMANI AT
AMERICAN SWISS
LINK AUTOMATIC
CHRONOGRAPH
WATCH R72,995
TAG HEUER BOUTIQUE
RING R500 DAN FULLER
AT HOUSE OF MACHINES

THE JACKET

The leather jacket is an iconic piece of clothing – nothing matches the cool factor it brings to an outfit. Make sure it sits just below your belt and wear it undone. Keep it simple underneath with a V-neck or henley T-shirt, and wear with a pair of dark jeans or khaki chinos. Think James Dean.

LEATHER JACKET R4370

DANIELE ALESSANDRINI

AT SPAGHETTI MAFIA

LEATHER GLOVES

R1 800 REPLAY

CLASSIC TRUNKS

R300 G-STAR

EARRINGS R395

COUNTRY ROAD

BMW R9T CAFE RACER

R159 000 DONFORD

MOTORRAD CAPE TOWN



THE SHOES

Forget square-toed or pointy shoes. Keep your feet happy with a pair of suede desert boots. Choose a pair in a shade of brown or army green: they're perfect colours for winter, plus they'll go with everything in your wardrobe, from jeans or chinos and even shorts.

SUEDE DESERT BOOTS
R999 COUNTRY ROAD

EARRINGS R395
COUNTRY ROAD



THE SHIRT

A crisp white shirt is the greatest multitasker. It can take you from business casual to black tie, no matter what your skin tone, body size or shape. Wear it with a blue pinstripe suit and power tie to seal the deal, or untucked with jeans or chinos for a smart-casual approach. Invest in at least one well-made, durable white shirt – tailored in cotton, cut slim and with a medium-spread collar.

WHITE BUTTON-UP SHIRT

R1 100 BEN SHERMAN

EARRINGS R395

COUNTRY ROAD

THE FRAGRANCE

Dunhill has yet another fragrance that'll leave you smelling like the charming guy you are. It has notes of black pepper and lavender over a base of vétiver, leather and oak moss so it's perfect for every day. "There is an elegance to wearing a fragrance in a subtle way," says perfumer Carlos Benaim. The fragrance comes in a heavy metal bottle by South African designer Mark Eisen.

DUNHILL ICON EDP 50ML

R995 EDGARS



THE JERSEY

A hoodie, thanks to the sports luxe movement, can be just as stylish as a blazer. This knitted take on it makes it a smarter option and we're a fan of its lightness and texture. Layer it under a denim jacket or blazer and wear it with a pair of kicks for a city-slick (and warm) look.

KNITTED HOODIE R450

STUDIO. W AT

WOOLWORTHS

DOG TAG R250

DAN FULLER AT HOUSE

OF MACHINES

LEATHER ARMBAND

R600 REPLAY

CLASSIC TRUNKS

R300 G-STAR



THE NEW DENIM

Chambray is a great alternative to denim, as it's thinner and lighter, so you can wear it as a layer (under a puffer jacket or cardigan and coat) or on warmer days (over a T-shirt or on its own with the sleeves rolled up). You can also wear it to the office – don't forget the tie.

CHAMBRAY SHIRT
R700 LEVI'S

Stockists

AMERICAN SWISS

021 938 1943

BEN SHERMAN

021 425 8996

COUNTRY ROAD

021 405 4300

DONFORD

MOTORRAD

CAPE TOWN

021 815 5000

EDGARS

0860 692 274

G-STAR

021 418 9000

HOUSE OF

MACHINES

021 426 1400

LEVI'S

021 403 9400

REPLAY

021 418 8507

SCOTCH & SODA

011 784 3233

SPAGHETTI MAFIA

021 424 0696

TAG HEUER

BOUTIQUE

021 418 5524

TOPMAN

021 419 5900

WOOLWORTHS

0860 022 022

How She Stacks Up

We explore every man's relationship with the female form

THE
AVERAGE
GUY

57

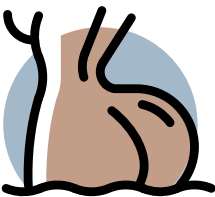
Percentage of men who say the most mysterious part of a woman's body is her brain



1 in 4 Number of men who will swipe left on Tinder for any woman tall enough to block their view of the stage

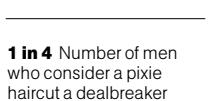
Scarlett Johansson and Halle Berry

A-list bodies that most often star in the average guy's X-rated dreams



Kim Kardashian

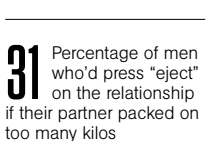
Woman whose butt most closely resembles an actual caboose



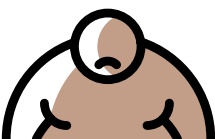
1 in 4 Number of men who consider a pixie haircut a dealbreaker



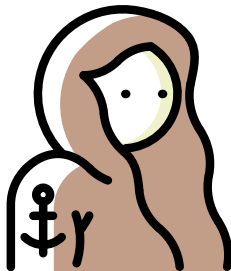
1 in 3 Number who worry more about holding on to what's left of their own head of hair



31 Percentage of men who'd press "eject" on the relationship if their partner packed on too many kilos



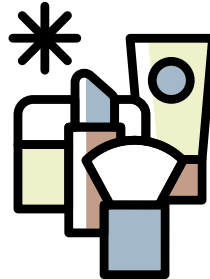
40 Percentage who'd be pissed if they were dumped for straining the scale



50

Number of men who think a tattoo equals permanent hotness

57 Percentage of South African women who want oral stimulation of her genitals during foreplay

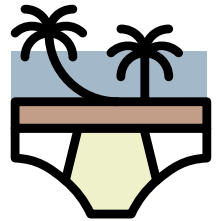


R175 000

Average amount a woman will spend on make-up in her lifetime

14 Percentage of men who say they have no idea when she's wearing the stuff anyway

44 Percentage of men who prefer a woman to be totally bare down there



37 Percentage who'd say "no way" to having their package waxed – even if she asked nicely

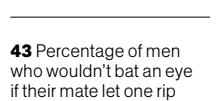


Margot Robbie, *The Wolf of Wall Street*

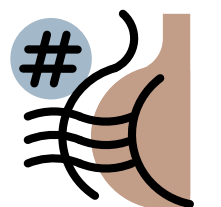
Female nude scene (at 58:24) guys say was most worth the ticket price



83 Percentage of men who'd willingly go full-frontal on film – for a Hollywood-size pay cheque, that is



43 Percentage of men who wouldn't bat an eye if their mate let one rip



28 Percentage who'd rather not believe she had it in her



MULTIPLE ORGASMS

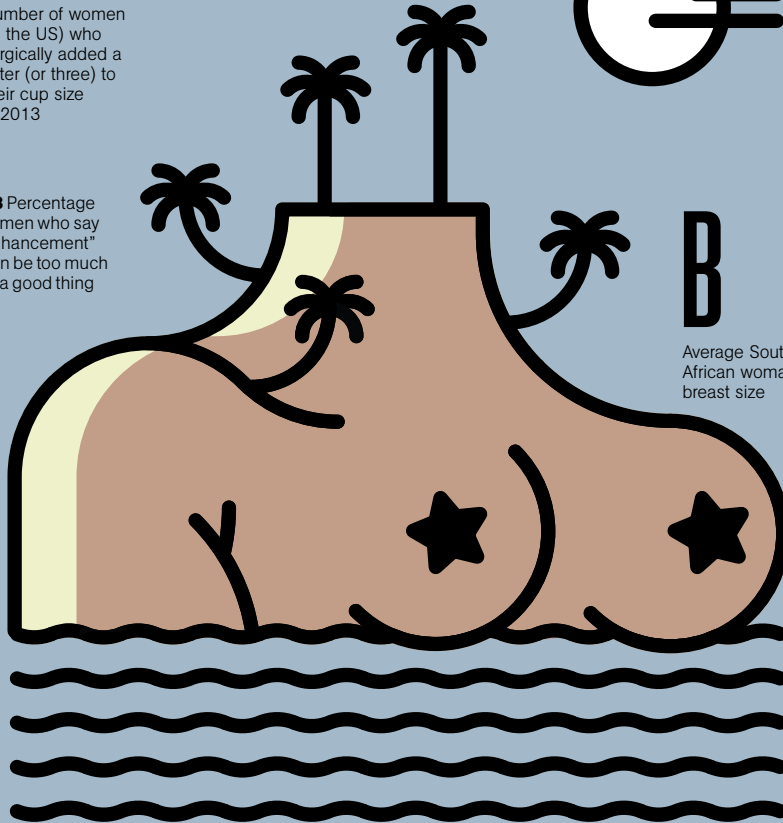


The one perk of being a woman that inspires the most jealousy in men

290 224

Number of women (in the US) who surgically added a letter (or three) to their cup size in 2013

88 Percentage of men who say "enhancement" can be too much of a good thing



B

Average South African woman's breast size

SCORE WITH SCRUFF

Want to land a woman like ScarJo? Show some potential for serious growth – starting with your mug. Women perceive a man sporting a 10-day beard as more attractive than a clean-shaven guy, according to a 2013 study in *Evolution and Human Behaviour*. Keep the fuzz between 6mm and 1.2cm with the help of an electric trimmer. And soften your whiskers with a few drops of beard oil, such as Hashtag Awesome's Gentleman's Beard Oil (R129, hashtagawesome.co.za), three times a week or so to keep those bristles from leaving rug burns.

SECURE YOUR SEXTS

After she hits "send" on an R-rated selfie, make sure no one steals it from the ether, warns Robert Siciliano, an online-security expert for McAfee. It's no longer as simple as slapping a complex password on your cloud-based accounts. Instead, drag those photos back to earth with an app designed for more, uh, sensitive materials – like KeepSafe (free on iOS and Android). Move the pics to the app and then scrub them from the cloud and your phone's gallery. When locked away in the app, the pic becomes a much tougher target for creeps to crack, says Siciliano.

KNOW BEST

Game of Thrones, M-Net Edge, Channel 102, Mondays @ 03:00.

DStv
Premium

KNOW THAT YOU CAN BOARD WITHOUT BEING BORED.

With DStv Premium and the Explora, you can catch up on all your favourite shows like The Knick, Game of Thrones and more in your own time. And if you are jet-setting know that you won't miss a thing because you can catch your shows while on-the-go using the DStv Now App.

dstv.com/knowbest



Watch whatever, wherever.

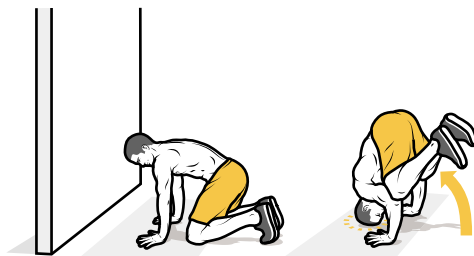
AN ICON JUST GOT LARGER



THE NEW NAVITIMER 46 mm

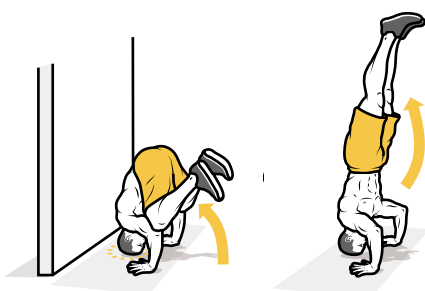
WORKOUT B

HANDSTAND PROGRESSION



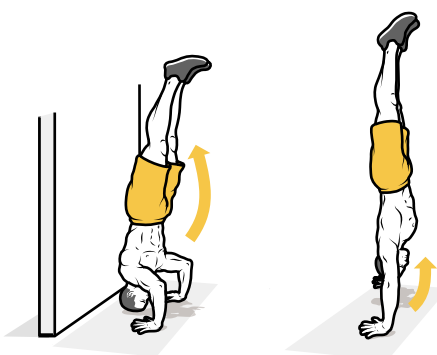
Level 1 / Tripod Hold

Place a mat on the floor by a wall for safety. Get down on all fours and face the wall from a foot away, fingers pointing forward. Plant your head on the floor between your hands, and bring your elbows close to your sides. Slowly push your hips up, lifting your feet off the floor and resting your knees on your elbows. Hold that position for as long as you can, stopping 2 to 5 seconds short of technical failure. That's 1 set. Do 5.



Level 2 / Headstand Hold

Perform the Level 1 move, but pull your feet together and raise them until your body is perpendicular to the floor. Hold for as long as you can.



Level 3 / Handstand Hold

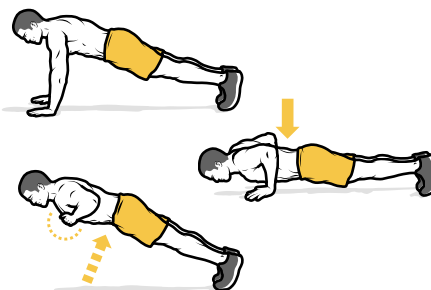
From the Level 2 move, push up into a handstand. Hold the position for as long as you can.

▲ **WHEN TO PROGRESS**

You must be able to perform 3 or more sets of 30-second holds or a single 60-second hold in order to move on to the next level.

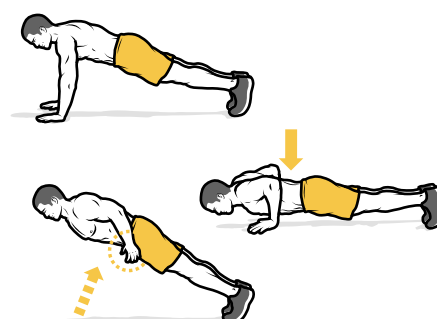
WORKOUT C

PLYOMETRIC PUSH-UP PROGRESSION



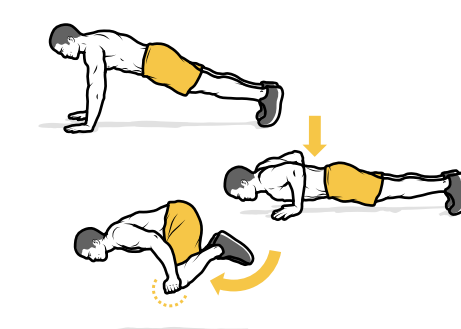
Level 1 / Chest Touch

Assume a push-up position with your arms straight and your hands slightly beyond shoulder-width. Lower your body until your chest nearly touches the floor, then push up forcefully enough for your hands to leave the floor. Touch your chest with your hands, and land back in a push-up position. That's 1 rep. Do as many as you safely can – up to 10 – to complete the set. Do 5 sets total.



Level 2 / Hip Touch

After you push off the floor, touch the sides of your hips instead of your chest. Land back in a push-up position and repeat.



Level 3 / Knee Touch

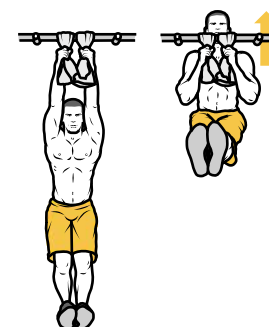
Explode off the floor so that both your hands and your feet leave it. While airborne, pull your knees toward your chest and touch them with your hands. Land back in a push-up position and repeat.

▲ **WHEN TO PROGRESS**

You must be able to perform 3 or more sets of at least 5 reps or a single set of 10 reps in order to move on to the next level.

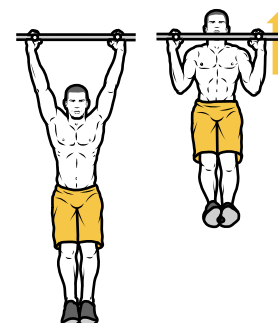
WORKOUT D

LATERAL PULL-UP PROGRESSION



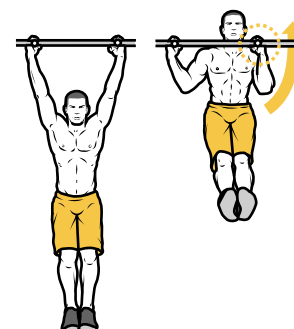
Level 1 / Close-Grip, Neutral-Grip Pull-Up

Drape two towels over a pull-up bar and grab the ends so your hands face each other. (You can also use neutral-grip pull-up handles.) Hang with your arms straight and your legs slightly in front of you so your body forms a wide C. Pull up until your elbows hug your ribs. Pause, then lower yourself back to a dead hang. Stop 1 rep short of technical failure. That's 1 set. Do 5.



Level 2 / Wide-Grip Pull-Up

Grab neutral-grip pull-up handles (or two towels) so your hands are beyond shoulder-width, palms facing each other. Pull yourself up.



Level 3 / Wide-Grip Lateral Pull-Up

Use the same grip as before, but now pull yourself up to the left so your left shoulder touches your left hand. On your next rep, touch your right shoulder to your right hand. Continue alternating.

▲ **WHEN TO PROGRESS**

You must be able to perform 3 or more sets of 5 reps or a single set of 10 reps in order to move on to the next level.

THE BODY-WEIGHT WARRIOR CHALLENGE

DITCH THE WEIGHT RACK AND BUILD EXPLOSIVE, TOTAL-BODY STRENGTH WITH FOUR ONE-MOVE WORKOUTS

STREET-WORKOUT ATHLETES ARE proof that body weight can be as effective as iron for sculpting serious muscle. But you'll never join the BarStarzz or Bartendaz by doing endless repetitions of the same move. "The key is to follow a programme of progressive intensity in which you master one variation of an exercise before moving on to a more difficult one," says *Men's Health* StreamFIT founder BJ Gaddour, who created

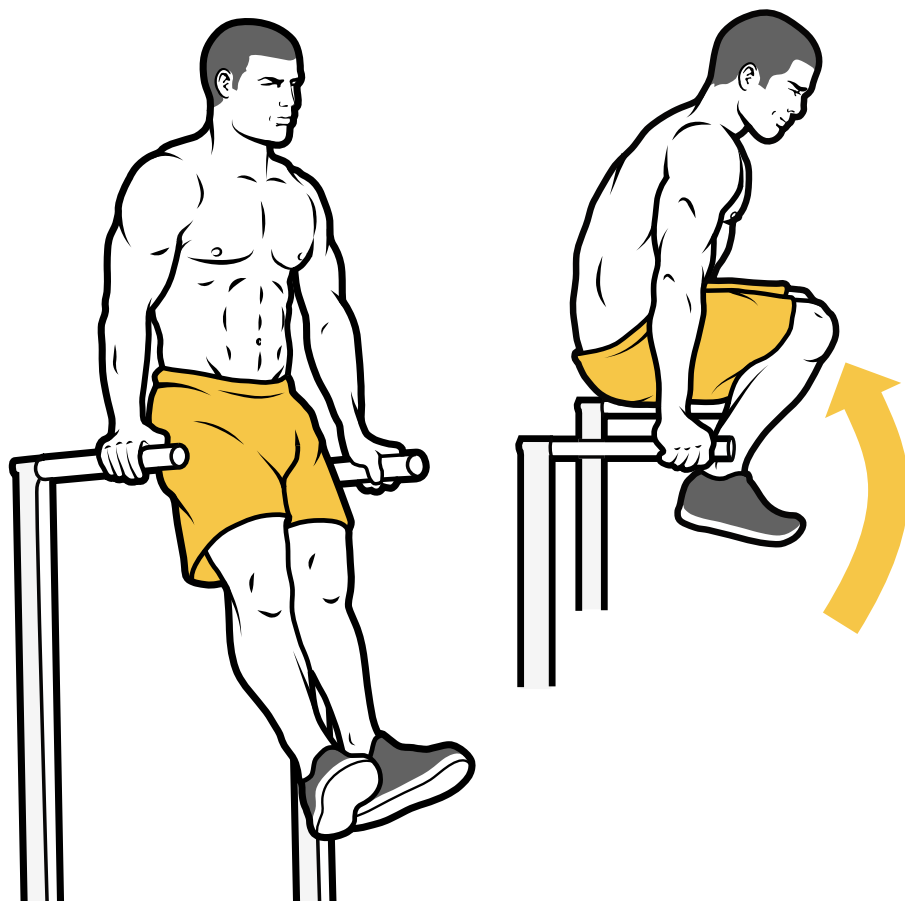
this month's training plan. In each workout, you'll focus on a single variation of a fundamental body-weight exercise. Once you master it, you can progress to the next, more advanced variation. "Each level is a challenge, and each challenge builds more mobility, strength, power and control," says Gaddour. "When you reach the final level in all four workouts, you can consider yourself a body-weight warrior."

DIRECTIONS

Complete each workout once a week. (Doing them on two back-to-back days is fine, but don't attempt three days in a row.) "Complete a 'set' every five minutes to allow for full recovery and maximum intensity," says Gaddour. "But don't just sit around during your rest. You need to stay active." Fill the rest of the time in each five-minute block with 10 to 20 reps of noncompetitive lower-body moves, such as lunges or hip thrusts. "You can also do mobility work for your hips and shoulders," Gaddour says. Move around in a deep squat, or kneel with your hands on a bench and sit back to stretch your lats.

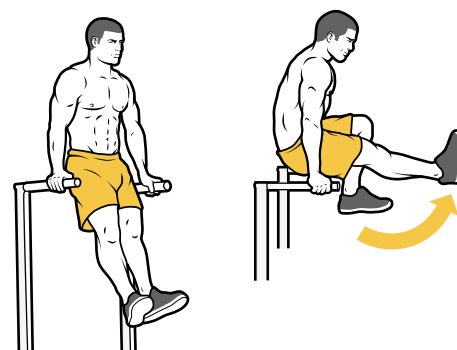
WORKOUT A

L-SIT PROGRESSION



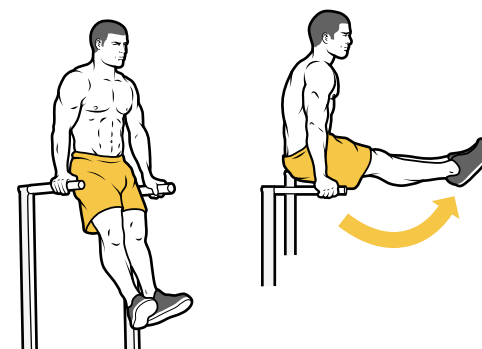
Level 1 / Knee Tuck

Support yourself between a pair of parallel bars or dip station handles with your arms straight (but not locked) and legs hanging. Raise both knees so your quads are parallel to the floor; hold that position for up to a minute, stopping 2 to 5 seconds short of technical failure – that is, the point at which you can no longer maintain good form. That's 1 set. Do 5.



Level 2 / Knee Tuck Half Extension

From the Level 1 starting position, raise your left knee and extend your right leg. Hold as long as you can; switch legs and repeat. That's 1 set.



Level 3 / Full Leg Extension

From the Level 1 starting position, extend both legs so they're parallel to the floor. Hold the position for as long as you can.

▲ WHEN TO PROGRESS

You must be able to perform 3 or more sets of 30-second holds or a single 60-second hold in order to move on to the next level.